

Resources

Books

Becoming Trauma Informed edited by Nancy Poole & Lorraine Greaves (2012)

8 Keys to Safe Trauma Recovery by Babette Rothschild (2010)

Full Catastrophe Living by Jon Kabat-Zinn (1990)

Healing Through the Dark Emotions: The Wisdom of Grief, and Despair by Myriam Greenspan (2004)

In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness by Peter Levine (2010)

In the Realm of Hungry Ghosts by Gabor Mate (2011)

Just One Thing: Developing a Buddha Brain One Simple Practice at a Time by Rick Hanson (2011)

Mindsight: The New Science of Personal Transformation by Dan Siegel (2010)

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel van der Kolk (2015)

The Boy Who Was Raised As a Dog by Bruce D. Perry and Maia Szalavitz (2017)

The Mindfulness Solution: Everyday Practices for Everyday Problems by Ronald D. Siegel (2010)

Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others by Laura van Dernoot Lipsky with Connie Burk (2009)

Waking the Tiger by Peter Levine (1997)

Websites

Aboriginal Healing Foundation www.ahf.ca

Alberta Family Wellness Initiative – Brain story certification course
<https://www.albertafamilywellness.org/>

Canadian Mental Health Association www.mbwpg.cmha.ca

Klinic Community Health www.klinic.mb.ca

Trauma Informed www.trauma-informed.ca

Trauma Recovery www.trauma-recovery.ca