

Resource List: Trauma and Healing

BOOKS AND ARTICLES

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Ginwright, S. (2018) *The Future of Healing: Shifting from Trauma Informed Care to Healing Centered Engagement*. <https://medium.com/@ginwright/the-future-of-healing-shifting-from-trauma-informed-care-to-healing-centered-engagement-634f557ce69c>

Hari, J. (2018). *Lost Connections: Uncovering the Real Causes of Depression and the Unexpected Solutions*. New York: Bloomsbury.

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Jobin-Leeds, G. & AgitArte. (2016). *When We Fight We Win: Twenty-First-Century Social Movements and Activists that are Transforming Our World*. New York: The New Press.

Miller, W.R. and Rollnick, S. (2002). *Motivational Interviewing: Preparing People for Change*. New York: Guilford Press.

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Van der Kolk, B. A. (2014). *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*. New York: Viking.

Weinstein, E, Wolin, J. & Rose, S. (2014). *Trauma informed community building: A model for strengthening community in trauma affected neighborhoods*. Published by: Health Equity Institute.

VIDEOS

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Dan Siegel, "*Flipping your Lid*"- A Scientific Explanation. (2012). https://www.youtube.com/watch?v=G0T_2NNoC68

Everything You Know About Addition is Wrong. TED Talk by Johann Hari. (2015). <https://www.youtube.com/watch?v=PY9DclMGxMs>

Polyvagal Theory: The New Science of Safety and Trauma. Seth Porges, (2017). <https://www.youtube.com/watch?v=br8-qebjlgS>

Sympathy vs. Empathy, Brenè Brown (2017). <https://www.youtube.com/watch?v=1Evwgu369Jw>

The Mysterious Working of the Adolescent Brain, TED Talk by Sarah Jane Blakemore. (2012). <https://www.youtube.com/watch?v=6zVS8HIPUng>

Trauma Stewardship TED Talk by Laura van Dernoot Lipsky. (2015). <https://www.youtube.com/watch?v=uOzDGrcvmus>