



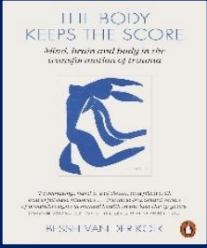
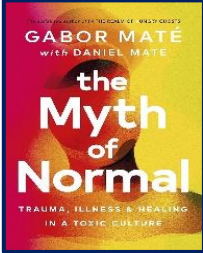
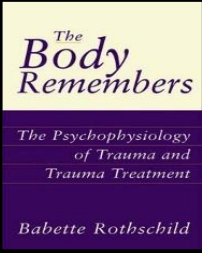
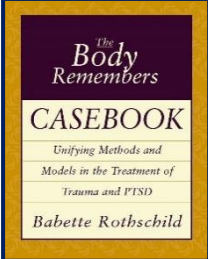
Recommended resources on trauma and recovery: for professionals

Working with trauma clients involves an ongoing process of learning and developing as a practitioner. Accessing quality information can assist this process.

You may also find it useful to your practice to read some of the books written for survivors/clients/patients.



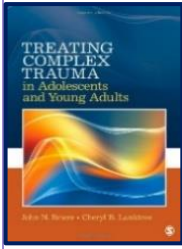
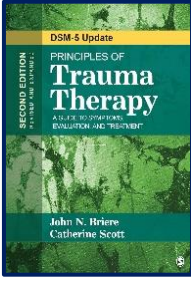
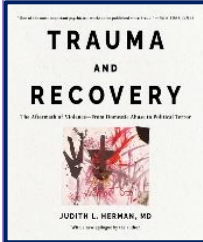
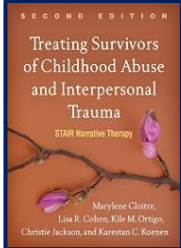
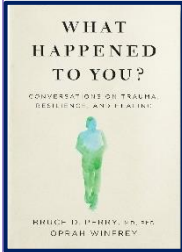
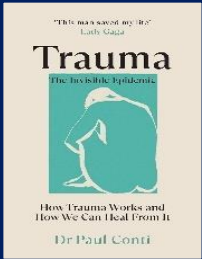
Books - Trauma

| Book Image and Title | Author/s |
|---|--|
|  <p>The Body Keeps the Score: Mind, Brain, and Body in the Transformation of Trauma.</p> | Bessel Van Der Kolk |
| <p>The Myth of Normal: Trauma, Illness & Healing in a Toxic Culture.</p> |  <p>Gabor Maté with Daniel Maté</p> |
|  <p>The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment.</p> | Babette Rothschild |
| <p>The Body Remembers Casebook: Unifying Methods and Models in the Treatment of Trauma and PTSD.</p> |  <p>Babette Rothschild</p> |

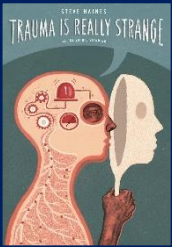
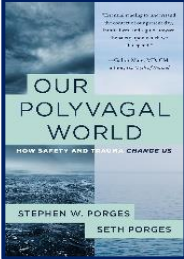
Books – Trauma continued...

| Book Image and Title | Author/s |
|---|---|
| <p>The Body Remembers: Revolutionizing Trauma Treatment.</p> |  <p>Babette Rothschild</p> |
|  <p>The Boy Who Was Raised as a Dog.</p> | <p>Dr Bruce Perry & Maia Szalavitz</p> |
| <p>It's Not You, It's What Happened to You: Complex Trauma and Treatment.</p> |  <p>Christine A. Courtois</p> |
|  <p>When the Body Says No: The Cost of Hidden Stress.</p> | <p>Gabor Maté</p> |
| <p>Scattered Minds: The Origins and Healing of Attention Deficit Disorder.</p> |  <p>Gabor Maté</p> |
|  <p>Healing the Fragmented Selves of Trauma Survivors: Overcoming Internal Self-Alienation.</p> | <p>Janina Fisher</p> |


Books – Trauma continued...

| Book Image and Title | Author/s |
|--|---|
|  <p>Treating Complex Trauma in Adolescents and Young Adults.</p> | <p>John Briere & Cheryl B Lanktree</p> |
| <p>Principles of Trauma Therapy: A guide to symptoms, evaluation, and treatment.</p> |  <p>John N. Briere & Catherine Scott</p> |
|  <p>Trauma and Recovery: The Aftermath of Violence – From Domestic Abuse to Political Terror.</p> | <p>Judith Herman</p> |
| <p>Treating Survivors of Childhood Abuse and Interpersonal Trauma.</p> |  <p>Marylene Cloitre et al.</p> |
|  <p>What Happened to You? Conversations on Trauma, Resilience, and Healing.</p> | <p>Oprah Winfrey & Dr Bruce Perry</p> |
| <p>Trauma: The Invisible Epidemic: How Trauma Works and How we Can Heal From It.</p> |  <p>Dr. Paul Conti</p> |

Books – Trauma continued...

| Book Image and Title | Author/s |
|---|---|
|  <p data-bbox="268 367 887 495">In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness.</p> | Peter Levine |
| <p data-bbox="76 645 756 772">You're Not Broken: Break free from trauma and reclaim your life.</p> |  <p data-bbox="1082 712 1401 750">Sarah Woodhouse</p> |
|  <p data-bbox="261 981 699 1019">Trauma is Really Strange.</p> | Steve Haines & Sophie Standing |
| <p data-bbox="76 1240 692 1323">Our Polyvagal World: How Safety and Trauma Change Us.</p> |  <p data-bbox="1086 1240 1398 1323">Stephen Porges & Seth Porges</p> |

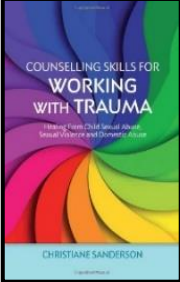
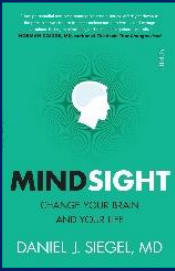
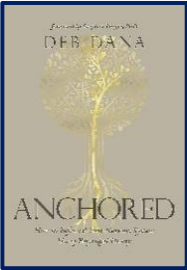
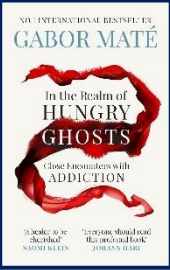
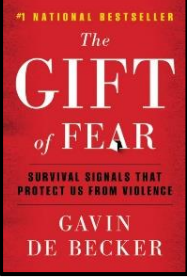
Books – General

| Book Image and Title | Author/s |
|---|-------------|
|  <p data-bbox="268 1765 963 1848">Predators: Pedophiles, Rapists and Other Sex Offenders.</p> | Anna Salter |

Books – General continued...

| Book Image and Title | Author/s |
|--|---|
| <p>The Ultimate Betrayal: The Enabling Mother, Incest and Sexual Abuse.</p>  | <p>Audrey Ricker, PhD</p> |
|  <p>8 Keys to Safe Trauma Recovery.</p> | <p>Babette Rothschild</p> |
| <p>Help for the Helper: Preventing Compassion Fatigue and Vicarious Trauma in an Ever-Changing World. (updated & expanded 2nd ed.)</p>  | <p>Babette Rothschild</p> |
|  <p>Atlas of the Heart: Mapping Meaningful Connection and the Language of Human Experience.</p> | <p>Brené Brown</p> |
| <p>Daring Greatly: How the Courage to be Vulnerable Transforms the Way We live, Love, Parent and Lead.</p>  | <p>Brené Brown</p> |
|  <p>Treating Complex Traumatic Stress Disorder: A sequenced, Relationship-Based Approach.</p> | <p>Christine A. Courtois & Julian D. Ford</p> |

Books – General continued...

| Book Image and Title | Author/s |
|---|---|
| <p>Counselling Skills for Working with Trauma.</p> |  <p>Christiane Sanderson</p> |
|  <p>Mindsight: Change your brain and your life.</p> | <p>Daniel J. Siegel</p> |
| <p>Anchored: How to Befriend your Nervous System Using Polyvagal System.</p> |  <p>Deb Dana</p> |
|  <p>In the Realm of Hungry Ghosts: Close Encounters with Addiction.</p> | <p>Gabor Maté</p> |
| <p>The Gift of Fear: Survivor Signals that Protect us from Violence.</p> |  <p>Gavin de Becker</p> |

Books – General continued...

| Book Image and Title | Author/s |
|--|--|
|  <p>Trauma-Informed Yoga: A Toolbox for Therapists: 47 Practices to Calm Balance, and Restore the Nervous System.</p> | <p>Joanne Spence</p> |
| <p>Chasing the Scream: The Search for the Truth about Addiction.</p> |  <p>Johann Hari</p> |
|  <p>Lost Connections Why You're Depressed and How to Find Hope.</p> | <p>Johann Hari</p> |
| <p>Stolen Focus: Why you Can't Pay Attention.</p> |  <p>Johann Hari</p> |
|  <p>Adult Children of Emotionally Immature Parents: How to Heal from Distant, Rejecting, or Self-Involved Parents.</p> | <p>Lindsay C. Gibson</p> |
| <p>You, Me, and a Cup of Tea: Breaking the Cycle of Child Sexual Abuse.</p> |  <p>Monica Macoun</p> |

Books – General continued...

| Book Image and Title | Author/s |
|---|---|
|  <p data-bbox="288 376 959 495">The Brain that Changes Itself: Stories of personal triumph from the frontiers of brain science.</p> | <p data-bbox="1075 445 1406 483">Norman Doidge MD</p> |
| <p data-bbox="78 712 660 750">Waking the Tiger: Healing Trauma.</p> |  <p data-bbox="1134 748 1347 786">Peter Levine</p> |
|  <p data-bbox="296 1014 967 1133">No Bad Parts: Healing Trauma & Restoring Wholeness with the Internal Family Systems Model.</p> | <p data-bbox="1070 1055 1414 1093">Richard C. Schwartz</p> |
| <p data-bbox="78 1272 660 1391">The Therapist's Toolbox: 26 Tools and an Assortment of Implements for the Busy Therapist.</p> |  <p data-bbox="1102 1317 1378 1355">Susan E. Carrell</p> |
|  <p data-bbox="301 1574 954 1693">The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse. (Third Edition)</p> | <p data-bbox="1134 1619 1353 1657">Wendy Maltz</p> |

Websites

| Title | Focus | Link |
|---|---|--|
| Australian Childhood Foundation | Resources to support your work with vulnerable children, young people, families, and communities | Home - Australian Childhood Foundation |
| Australian Institute of Health and Welfare. Australian Government | Latest research and statistics on health and welfare in Australia | Home - Australian Institute of Health and Welfare (aihw.gov.au) |
| Beyond Blue | Information and support related to depression, suicide, anxiety disorders and other related mental illnesses. | Get mental health support - Beyond Blue |
| Black Dog Institute | Mental health resources and tools. | Mental health resources and tools - Black Dog Institute Better Mental Health |
| Blue Knot | Information for adult survivors of abuse, neglect, violence sexual trauma. | Blue Knot Foundation |
| Butterfly Foundation | Support for eating disorders and body image issues. | Support for Eating Disorders and Body Image Issues Butterfly Foundation |
| Head to Health | Support for mental health & wellbeing. | Home Head to Health |
| MindSpot | Counselling service and self-help information for anxiety, depression, stress, OCD, PTSD, and chronic pain. | MindSpot Clinic - Free Online Mental Health Support |
| NICABM - National Institute for the Clinical Application of Behavioral Medicine | Online psychotherapy training programs with adaptable take-home ideas for practitioners. | NICABM - Psychotherapy & Psychology Online Training |
| PANDA | Mental health support for parents and families during pregnancy and 1 st year of parenthood. | PANDA Support that's always there, for you and your family |

Websites continued...

| Title | Focus | Link |
|---------------------------|---|---|
| QGuides | Resources for LGBTIQ+ people on a range of complex topics | QGuides (qlife.org.au) |
| SANE Australia | Mental health & trauma information for survivors and their families, friends & communities | SANE Australia |
| Suicide Call Back Service | Information about a range of mental health issues including mood disorders, anxiety, depression, and suicide | Mental health counselling Suicide Call Back Service |
| Therapist Aid | Free evidence-based education and therapy tools. | Therapy worksheets, tools, and handouts Therapist Aid |
| The Resilience Project | Delivering emotionally engaging programs with evidence-based, practical wellbeing strategies to build resilience. | The Resilience Project |
| The Psych Collective.com | Creating and curating actionable and relevant mental health resources in one place. | Support for Mental Health The Psych Collective |

Podcasts

| Title | Focus | Link |
|------------------|--|---|
| Shrink Rap Radio | Podcasts featuring in-depth interviews with major figures from around the broad world of psychology. | Shrink Rap Radio Psychology Interviews: Exploring brain, body, mind, spirit, intuition, leadership, research, psychotherapy and more! |



General information and resources relating to trauma and recovery is available on the [SARC website](#).