

Extra Resources for Trauma Informed Practice – March 2022

Haines, S. (2019). *The Politics of Trauma: Somatics, Healing & Social Justice*. North Atlantic Books.

Levine, P. (2005) *Healing trauma: A Pioneering Program for Restoring the Wisdom of Your Body*. Soundstrue.

Levine, P. (2010) *In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness*. North Atlantic books.

Mate, G. (2003) *When the Body Says No: The Cost of Hidden Stress*. Vintage Canada.

Resmaa, M. (2017). *My Grandmother's Hands: Racialized Trauma and the Pathway to Mending our Heats and Bodies*. Central Recovery Press.

Rosenberg, M. (2015) *Nonviolent communication: A language of life (3rd edition)*. Puddledancer Press.

Ross, Rupert. (2014) *Indigenous healing: Exploring Traditions Paths*. Penguin Books.

Rothschild, B. (2010) *8 Keys to Safe Trauma Recovery*. Norton.

Thom, Kai Chen (2021). *So You are Ready to Choose Love: Trauma-Informed Conflict Transformation for Social Justice & Spiritual Transformation*. Available: <https://ariseembodiment.org/free-workbook/>

Van der Kolk, B. (2014) *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*. Penguin Books.

Free Online Resources

Trauma-Informed Practice Resources: https://bccewh.bc.ca/wp-content/uploads/2019/05/Trauma-Informed-Practice-Grey-Lit-Handout_2019.pdf

The Trauma Toolkit, 2nd ed. Clinic Community Health Center (2013). Available: https://trauma-informed.ca/wp-content/uploads/2013/10/Trauma-informed_Toolkit.pdf

Trauma-Informed Legal Practice Toolkit. Golden Eagle Rising Society (2020). Available: <https://www.goldeneaglerising.org/docuploads/Golden-Eagle-Rising-Society-Trauma-Informed-Toolkit-2021-02-14.pdf>

Free Online Certificate Training for Professionals

Being Trauma Aware: Making a difference in the lives of children and youth
<https://calgarycac.ca/education/being-trauma-aware/>

Brain Story
<https://www.albertafamilywellness.org/training>