

Resources for Trauma

Books:

The Deepest Well by Nadia Burke Harris (Adverse Childhood Experiences Study – ACES)

The Body Keeps the Score by Bessel van der Kolk (trauma and health)

The Boy Who Was Raised as a Dog by Bruce Perry (trauma and the brain)

In the Realm of Hungry Ghosts by Gabor Mate (Trauma and Addiction/Addiction and the Brain)

The Polyvagal Theory by Stephen Porges (How the vagus nerve affects mental, emotional and physical health)

Polyvagal Exercises for Safety and Connection by Deb Dana (good practical applications for people with traumatic stress)

Motivational Interviewing: Helping People Change by Miller and Rollnick

Breaking the Habit of Being Yourself by Joe Dispenza (excellent guide to using meditation and quantum change to create health and positive change in life)

Lost Connections by Johann Hari (explores underlying causes of depression and solutions focused on social environment)

Videos:

Adverse Childhood Experience (Nadia Burke Harris): [How childhood trauma affects health across a lifetime | Nadine Burke Harris - YouTube](#)

Depression and the Secret to Happiness (Johann Hari): <https://youtu.be/6R0fTRTIQCE>

The Body Keeps the Score (Bessel van der Kolk): <https://youtu.be/53RX2ESlqsM>

Overcoming Trauma with Yoga (Bessel van der Kolk): <https://youtu.be/53RX2ESlqsM>

The Miracle Question (Solution Focused Therapy): <https://youtu.be/gcXENqOwulw>

Overview of Motivational Interviewing: <https://youtu.be/s3MCJZ7OGRk>

Addiction and the Brain (Gabor Mate): <https://youtu.be/BpHiFqXCYKc>

Everything You Think You Know About Addiction is Wrong (Johann Hari):
<https://youtu.be/PY9DclMGxMs>

Websites:

The Miracle Question: <https://www.unk.com/blog/miracle-question-examples/>

Motivational Interviewing: <https://www.co.ozaukee.wi.us/DocumentCenter/View/8185/Definition-of-Motivation-Interviewing?bidId=>

Bessel van der Kolk Website: <https://www.besselvanderkolk.com/>

Training Resources for Counselors:

NICABM: <https://www.nicabm.com>

PESI: <https://www.pesi.com>
