

Book Recommendations for Trauma Informed Biographical Timelines 2018

Beyond Consequences, Logic and Control (2013) Forbes

We are living in one of the most stressful times in human history. This abundance of stress is impacting families and in many cases, manifesting itself in children with difficult and severe behaviors. Homes often turn into intense fighting grounds of power struggles and control battles parents find themselves in us against them scenarios with their children. As parents implement traditional parenting techniques, they find their situations becoming worse, not better as promised these resources. Volume 2 offers practical and effective solutions based in scientific research, coupled with professional and personal experience, bridging the gap between academic research and real life when the rubber hits the road parenting.

Brainstorm: The power and purpose of the teenage brain (2015) Siegel

So much of the trauma that we're treating goes back to attachment issues. Siegel provides an excellent clinical review of attachment, and includes lots of stories and examples of how poor attachment manifests in families. Then he offers well articulated mindfulness interventions, tailored to the sort of problems that are exhibited.

Buddha's Brain: The Practical Neuroscience of Happiness, Love & Wisdom (2010) Hanson & Jones

Draws on the latest research to show how to stimulate and strengthen your brain for more fulfilling relationships, a deeper spiritual life, and a greater sense of inner confidence and worth. You'll learn how to activate the brain states of calm, joy, and compassion instead of worry, sorrow, and anger. This clear, down-to-earth book is filled with practical tools and skills that you can use in daily life to tap the unused potential of your brain and rewire it over time for greater well-being and peace of mind.

The Deepest Well: Healing the Long-Term Effects of Childhood Adversity (2018) Burke Harris

*The stunning news of Burke Harris's research is just how deeply our bodies can be imprinted by ACEs—adverse childhood experiences like abuse, neglect, parental addiction, mental illness, and divorce. Childhood adversity changes our biological systems, and lasts a lifetime. For anyone who has faced a difficult childhood, or who cares about the millions of children who do, the fascinating scientific insight and innovative, acclaimed health interventions in *The Deepest Well* represent vitally important hope for preventing lifelong illness for those we love and for generations to come.*

The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children (2014) Greene

Dr. Ross Greene has good news: these kids aren't attention-seeking, manipulative, or unmotivated, and their parents aren't passive, permissive pushovers. Rather, explosive kids are lacking some crucial skills in the domains of flexibility/adaptability, frustration tolerance, and problem solving, and they require a different approach to parenting. A new conceptual framework for understanding their difficulties, based on research in the neurosciences, explains why traditional parenting and treatment often don't work with these children, and what to do instead. Instead of relying on rewarding and punishing, Dr. Greene's Collaborative Problem Solving model promotes working with explosive children to solve the problems that precipitate explosive episodes, and teaching these kids the skills they lack.

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Forward-Facing Trauma Therapy: Healing the Moral Wound (2016) Gentry

Unlike many traditional psychotherapies, FFTT eschews the assumption that psychological problems are caused by our faulty perceptions and skewed thought processes. Instead, FFTT addresses trauma and its destructive symptomology at its source: our overcharged autonomic nervous systems and hypervigilant threat response resulting from our adaptation to painful past experiences. Gentry provides a step-by-step guide and explains how and why the techniques work so effectively. He also demonstrates how anyone experiencing stress (INCLUDING PROVIDERS) can apply FFTT to achieve immediate change and an enduring sense of joy, self-worth, and personal integrity.

The Whole-Brain Child (2012) Siegel & Bryson

Although this is not technically a “trauma” book, it does such an excellent job of explaining how our brains are developed, why our children seem so unreasonable at times, and how adults should respond to support brain growth and maturity. Includes cartoons to explain concepts to families and strategies to improve communication and relationships.

Treating Traumatic Stress in Children and Adolescents (2010) Blaustein & Kinniburgh

This book is based on Dr. Blaustein’s research around the ARC model of trauma treatment, and provides just enough introduction to the model in the first section of the book to help you understand why we need to apply interventions, for both the youth and the caretakers, that support the developmental building blocks for attachment, self-regulation and competencies. As a bonus, every section of interventions ends with developmental concerns and adaptations for application with individuals or groups, as well as comments about “real world” therapy.

We hope you find these resources helpful as you work with your families! **If you are aware of an awesome resource or book, please let us know.** Good luck in all of your work!

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Center for Innovative Practices – Healthy Kids Learning Communities

<https://www.wraparoundohio.org/healthy-kids-learning-community/>

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