

Resource Companion Guide

TRAUMA-INFORMED CARE XCENTER

Thank you to our Trauma-Informed XCenter Project Team: Beth Droppert, Malynnda Johnson, Lee Mulert and Robin Shapiro. Disclaimer: This Resource Guide was compiled by volunteers with the purpose of providing helpful information of interest to the public. HealthAdvocateX endeavors to provide accurate information, but we do not provide medical or clinical advice nor do we endorse any particular information or providers. As always, you should rely on your own providers for medical or clinical advice. PLEASE NOTE BEING ABLE TO PROVIDE TRAUMA THERAPY IS NOT THE SAME AS BEING TRAUMA-INFORMED. It requires additional training and skills.

RESOURCE COMPANION GUIDE FOR TRAUMA-INFORMED CARE XCENTER

Compiled November 2024

For Individuals and Caregivers

CHILDHOOD TRAUMA			
The Anxious Generation: How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness	Author, Jonathan Haidt	Book	https://www.amazon.com/s?k=the+anxious+generation+book&i=stripbooks&crd=2YVU77AMTTTKU&srefix=The+Anxious+Generation%2Cstripbooks%2C149&ref=nb_sb_ss_ts-doa-p_2_22
The Body Keeps the Score	Author Bessel van der Kolk	Book	<u>The Body Keeps Score, by Bessel van der Kolk</u> A transcript of an interview with the author can be found here: <u>https://www.nytimes.com/2021/08/24/podcasts/transcript-ezra-klein-interviews-bessel-van-der-kolk.html</u>
It Didn't Start With You: How Inherited Trauma Shapes Who We Are and How to End the Cycle	Author Mark Wolynn	Book	<u>https://www.amazon.com/Didnt-Start-You-Inherited-Family/dp/1101980362/ref=tmm_hrd_swatch_0?encoding=UTF8&qid=&sr=</u>
National Child Traumatic Stress Network (NCTSN), Resources and support for child trauma	The NCTSN is funded by the Center for Mental Health Services (CMHS), Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of	Organization with online resources	https://www.nctsn.org/

	Health and Human Services and jointly coordinated by UCLA and Duke University		
Scared Sick: The Role of Childhood Trauma in Adult Disease	Author Robin Karr	Book	<u>Scared Sick: The Role of Childhood Trauma in Adult Disease, by Robin Karr Smith & Meredith S Wiley</u>
BEHAVIORAL/MENTAL HEALTH			
Dana-Farber Cancer Institute Program Profile to reduce stress and trauma for neurodiverse patients being treated there	Dana-Farber Cancer Institute	Blog	https://blog.dana-farber.org/insight/2024/10/for-neurodiverse-patient-new-program-provides-comfort-allies/
How Do People Cope with Traumatic Events	National Institute of Mental Health	Article	https://www.nimh.nih.gov/health/topics/coping-with-traumatic-events
PTSD Coach, designed for veterans who have or are experiencing PTSD	U.S. Department of Veterans Affairs	Online APP	https://mobile.va.gov/app/ptsd-coach
Sanvello, a cognitive behavioral therapy-based app for stress, anxiety, and PTSD	Able To	Online APP	https://member.ableto.com/mental-health-support/?utm_source=sanvello

MINDFULNESS, TRAUMA & HEALING			
Complex PTSD: From Surviving to Thriving	Author Pete Walker	Book	https://www.amazon.com/Complex-PTSD-Surviving-Pete-Walker/dp/1492871842
Dear Doctor Letter from anonymous (a patient's personal perspective) – worth the read!	Perm J. 2002 Winter; 6(1):48–51. doi: 10.7812/tpp/02.993	Journal Letter	https://pmc.ncbi.nlm.nih.gov/articles/PMC6220627/
Give an Hour, Free mental health support for 'human-made' trauma survivors, veterans, and more		Online Connection to Peer Help	https://giveanhour.org/
Insight Timer, Meditation and mindfulness with trauma support options		Online APP	https://insighttimer.com/
The Myth of Normal: Trauma Illness and Healing in a Toxic Culture	Author Gabor Maté	Book	<u>The Myth of Normal: Trauma Illness and Healing in a Toxic Culture, by Gabor Mate</u>
RAINN (Rape, Abuse & Incest National Network), Nation's largest anti-sexual violence program, National support for sexual trauma survivors, operates National Sexual Assault Hotline (800-656-HOPE)	Works with Department of Defense and thousands of other organizations	National Organization	https://rainn.org/
Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others	Author Laura van Dernoot Lipsky	Book	<u>Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others, by Laura van Dernoot Lipsky</u>
Waking the Tiger: Healing Trauma	Author Peter Levine	Book	<u>Waking the Tiger: Healing Trauma, by Peter Levine</u>
When the Body Says No	Author Gabor Mate	Book	<u>When the Body Says No, by Gabor Mate</u>

TRAUMA-INFORMED PRACTICES			
The Importance of Trauma-Informed Care	National Institute for the Clinical Application of Applied Behavioral Medicine	Article	https://www.nicabm.com/topic/trauma-informed-care/?itl=homepagefree
Resources on trauma and trauma-informed practices, including articles, videos, and self-help materials	The Trauma Foundation	Organization	https://thetraumafoundation.org/resources/#
TRAUMA THERAPY			
BetterHelp, Online therapy with trauma-informed therapists	BetterHelp	Online	https://www.betterhelp.com/
Find Eye Movement Desensitization and Reprocessing (EMDR) -trained therapists and therapy	EMDR International Association	EMDR Directory	https://www.emdria.org/
Grof Transpersonal Training, Offers information on Holotropic Breathwork, which some people find useful in processing trauma through breathwork sessions and inner exploration	GROF	Provides breathwork training	https://www.holotropic.com/
Somatic Experiencing Trauma Institute, offers a wealth of information on somatic experiencing, a body-centered approach to trauma healing.	Somatic Experiencing Trauma Institute	Provides Training, workshop and have a directory of trained somatic practitioners	https://traumahealing.org/
Talkspace, Online therapy with various therapeutic approaches, including trauma support		Online	https://www.talkspace.com/

Therapy in a Nutshell, featuring easy-to-understand explanations on trauma, anxiety, and mental health strategies	Licensed therapist Emma McAdam	A YouTube channel	https://www.youtube.com/c/TherapyinaNutshell
An international directory for finding trauma-informed therapists, including those who specialize in somatic therapy, EMDR, and cognitive-behavioral therapy	Therapy Route	Online directory	https://www.therapyroute.com/
The Trauma Therapists Podcast, Interviews with trauma therapists, sharing experiences and insights on trauma therapy, available on most podcast platforms	Guy Macpherson, doctorate in clinical psychology	Podcast	https://www.thetraumatheapistproject.com/

For Professionals

Adopting Trauma-Informed Care in Rural Areas: Lessons from a Community Behavioral Health Partnership in Pennsylvania, The Better Care Playbook	The Playbook is led by the Center for Health Care Strategies and made possible by the Seven Foundation Collaborative	Webinar Jan 2024	https://bettercareplaybook.org/resources/adopting-trauma-informed-care-rural-areas-lessons-community-behavioral-health-partnership
Getting Started with Trauma Informed Care, Trauma-Informed Care Implementation Resource Center	Center for Health Care Strategies website developed with support from the <u>Robert Wood Johnson Foundation</u>	Website	https://www.traumainformedcare.chcs.org/trauma-informed-care-basics/

<p>Trauma-Informed Care Champions, which highlights the difference in approaches to care is part of a series of videos [type 'SAMHSA and Health Care Strategies with Trauma Informed Care' for more resources]</p>	<p>Substance Abuse and Mental Health Services (SAMHSA – part of DHHS) and Center for Health Care Strategies Administration (SAMHSA)</p>	<p>Online Video</p>	<p>https://www.traumainformedcare.chcs.org/trauma-informed-champions-from-treaters-to-healers/</p>
<p>Trauma-Informed Care: A Sociocultural Perspective</p>	<p>National Library of Medicine, National Center of Biotechnology Information</p>	<p>Chapter 1 of Book</p>	<p>https://www.ncbi.nlm.nih.gov/books/NBK207195/</p>
<p>Trauma Therapy Programs focused on trauma recovery and psychotherapy</p>	<p>NICABM (national Institute for Application of Behavioral Medicine)</p>	<p>Online Courses</p>	<p>https://www.nicabm.com/</p>

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We seek to revolutionize how people view their health by transforming patients into empowered and active partners in their health care.

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