**Trauma Informed Care Resources**

**Self-Care**

**Books**

* *Take Time for Your Life: A 7 Step Program for Creating the Life You Want*, Cheryl Richardson
* *10% Happier: How I Tamed the Voice in my Head, Reduced Stress Without Losing my Edge and Found Self-Help That Actually Works – A True Story,* Dan Harris
* *Help for the Helper: The Psychophysiology of Compassion Fatigue and Vicarious Trauma*, Babette Rothschild
* *The Compassion Fatigue Workbook*, Francoise Mathieu
* *When the Body Says No: Exploring the Stress-Disease Connection* - Gabor Mate
* *Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others*, Laura Van Dernoot Lipsky
* *Healing Neen, Tonier Cain*
* *Transforming the Pain: A Workbook on Vicarious Traumatization,* Karen Saakvitne & Laurie AnnePearlman

**Websites**

* Coloringcastle.com
* [compassionfatigue.ca](http://www.compassionfatigue.ca)
* donothingfor2minutes.com
* get.gg – CBT self-help resources
* greentreeyoga.org
* heartmath.com
* proqol.org- Professional Quality of Life Scale
* resiliencetrumpsaces.org
* resiliency.com
* mindfulhub.com
* mindfulschools.org
* mindful.org
* zenhabits.net
* palousemindfulness.com – free Mindful Based Stress Reduction training

**Apps**

* Breathe2Relax
* Insight Timer (guided meditations, timer for meditations)
* Provider Resilience
* PTSD Coach!
* Virtual Hope Box
* CBT-i coach (sleep)

**Pandora Internet Radio (Meditation, Relaxation and Yoga Stations)**

**Trauma Informed Care**

**Books**

* *Healing Invisible Wounds: Paths to Hope and Recovery in a Violent World*, Richard Mollica
* *The Boy Who Was Raised as a Dog: And Other Stories from a Child Psychiatrist's Notebook-What Traumatized Children Can Teach Us About Loss, Love, and Healing,* Bruce Perry
* *Trauma & Recovery: The Aftermath of Violence from Domestic Abuse to Political Terror*, Judith Herman
* *The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma*, Bessel A. van der Kolk, MD
* *Walking the Tiger: Healing Trauma: The Innate Capacity to Transform Overwhelming Experiences,* Peter Levine
* *Help for Billy,* Heather T. Forbes
* *What Doesn’t Kill Us – The New Psychology of Posttraumatic Growth,* Stephen Joseph
* *Healing From Trauma: A Survivor’s Guide to Understanding your Symptoms and Reclaiming your Life,* Jasmin Lee Cori.
* *101 Trauma-Informed Interventions, Activities, Exercises and Assignments to Move the Client and Therapy Forward,* Linda A. Curran

**Websites**

* [acestoohigh.com](http://www.acestoohigh.com)
* cdc.gov/ace/-Ace Study
* childtraumaacademy.com -Child Trauma Academy: Dr. Bruce Perry
* mentalhealth.samhsa.gov/nctic -National Center for Trauma-Informed Care
* nctsnet.org -National Child Traumatic Stress Network
* ptsd.va.gov -National Center for PTSD
* search-institute.org - Developmental Assets
* sidran.org -Sidran Institute
* theannainstitute.org
* traumacenter.org -The Trauma Center
* trauma-pages.com -Trauma Information Pages
* developingchild.harvard.edu – Harvard Center for the Developing Child
* emdr.com/find-a-clinician/

**Trauma Therapeutic Interventions**

* Child Parent Psychotherapy (CPP) – age birth to five. Center for Psychological Services, Kearney - #308-234-6029, The Encouragement Center, Kearney, (308)224-0596, Family Resources, Kearney, (308) 381-7487, Ext 21, Center Creek Counseling, Franklin, (308) 470-1338
* Parent Child Interactive Therapy (PCIT), Mid-Plains Center, Grand Island, (308) 385-5250
* Trauma Focused Cognitive Behavior Therapy
* EMDR trained therapists
* Circle of Security Parenting Group 10-15