

The Impacts of Childhood Trauma Books

ACEs (Adverse Childhood Experiences)

Addiction, Trauma, & Adverse Childhood Experiences (ACEs)

Linda Curran

Adverse and Protective Childhood Experiences

Jennifer Hays-Grudo and Amanda Sheffield Morris

The Adverse Childhood Experiences Recovery Workbook: Heal the Hidden Wounds from Childhood Affecting Your Adult Mental and Physical Health

Glenn Schiraldi

Childhood Disrupted: How Your Biography Becomes Your Biology, and How You Can Heal

Donna Jackson Nakazawa

The Deepest Well: Healing the Long-Term Effects of Childhood Adversity

Nadine Burke Harris

Urban ACEs: How to Reach and Teach Students Traumatized by Adverse Childhood Experiences

M. L. Matthews

Trauma and Resilience (Adults)

8 Keys to Safe Trauma Recovery: Take-Charge Strategies to Empower Your Healing

Babette Rothschild

A Force for Good: The Dalai Lama's Vision for Our World

Daniel Goleman

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma

Bessel Van Der Kolk

The Brain Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science

Norman Doidge

Child Trauma & Resilience: A Practical Guide

Heather Forkey

Healing from Trauma: A Survivor's Guide to Understanding Your Symptoms and Reclaiming Your Life

Jasmin Lee Cori

Healing Trauma

Peter Levine

Healing Racial Trauma: The Road to Resilience

Sheila wise Rowe

It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle

Mark Wolynn

Managing Emotional Mayhem: The Five Steps for Self-Regulation

Becky Bailey

My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies

Resmaa Menakem

Trauma and Memory: Brain and Body in Search for the Living Past

Peter Levine

Trauma and Recovery: The Aftermath of Violence – from Domestic Abuse to Political Trauma

Judith Herman

The Trauma Took Kit: Healing PTSD from the Inside Out

Susan Pease Banitt

Walking the Tiger: Healing Trauma

Peter Levine

Your Survival Instinct is Killing You

Marc Schoen

For Educators

Fostering Resilient Learners: Strategies for Creating A Trauma Sensitive Classroom

By Kristin Souers and Pete Hall

Trauma-Informed Practices for Early Childhood Educators: Relationship-Based Approaches that Support Healing and Building Resilience in Young Children

Julie Nicholson, Linda Perez, and Julie Kurtz

The Trauma-Sensitive Classroom: Building Resilience with Compassionate Teaching

Patricia Jennings

Trauma-Sensitive Schools for the Adolescent Years: Promoting Resiliency and Healing, Grades 6-12

Susan Craig

Urban ACEs: How to Reach and Teach Students Traumatized by Adverse Childhood Experiences

M. L. Matthews

For Parents and Caregivers

Building Resilience in Children and Teens: Giving Kids Roots and Wings

Kenneth Ginsberg

Coping Skills for Kids Workbook: Over 75 Coping Strategies to Help Kids Deal with Stress, Anxiety and Anger

by Janine Halloran

The Help for Billy

Heather Forbes

How Children Succeed: Grit, Curiosity and the Hidden Power of Character

Paul Tough

Self-Regulation How to Help Your Child (and You) Break the Stress Cycle and Successfully Engage with Life

Stuart Shanker

Trauma-Proofing Your Kids: A Parent's Guide for Instilling Confidence, Joy and Resilience

Peter Levine and Maggie Kline

Trauma Through a Child's Eyes

Peter Levine and Maggie Kline

Children's Books

After the Fall: How Humpty Dumpty Got Back Up Again

Dan Santat

The Bad Seed

Jory John

Love Is

Diane Adams

Me and My Fear
Francesca Sanna

The Rabbit Listened
Cori Doerrfeld

The Remember Balloons
Jessie Oliveros

Something Beautiful
Sharon Dennis Wyeth

Two White Rabbits
Jairo Buitrago