Trauma Resources

1. **Contact and blog information:** 
   1. [www.coldspringcenter.org](http://www.coldspringcenter.org)
   2. E-mail: bennett@coldspringcenter.org
   3. Blog: [www.coldspringcenter.org/mattsmumblings](http://www.coldspringcenter.org/mattsmumblings)
   4. Facebook: [www.facebook.com/coldspringcenter](http://www.facebook.com/coldspringcenter)
   5. [www.twitter.com/Matts\_mumblings](http://www.twitter.com/Matts_mumblings)
2. **More information on Life Event Checklist:** <http://www.ptsd.va.gov/professional/assessment/te-measures/life_events_checklist.asp>
3. **More information on the Adverse Childhood Experience Study:** [www.acestudy.org](http://www.acestudy.org)
4. **Narrative Exercises:**
   1. **Pennebacker Writing Exercise:** <http://www.utexas.edu/features/archive/2005/writing.html>
   2. **Values Narrative Exercise:** <http://coldspringcenter.org/mattsmumblings/maximizing-the-importance-question/>
   3. **Additional information on personal narratives:** Wilson, T. D. (2011). *Redirect: The surprising new science of psychological change.* New York: Little, Brown & Company.
5. **More information on Motivational Interviewing**: Miller, W.R. & Rollnick, S. (2012). *Motivational Interviewing, Third Edition: Helping People Change.* New York: Guilford Press.
6. **More information on Social Networks:** Christakis, N. A. & Fowler, J. H. (2009). *Connected: The surprising power of our social networks and how they shape our lives.* New York: Little, Brown and Company.
7. **Matt’s Reading List:**
   1. Trauma Informed Systems and Organizations
      1. Bloom, S. L. & Farragher, B. (2013). *Restoring Sanctuary: A New Operating System for Trauma-Informed Systems of Care*. New York: Oxford Press.
      2. Bloom, S. L. & Farragher, B. (2011). *Destroying Sanctuary: The Crisis in Human Services*. New York: Oxford Press.
   2. Trauma Informed School and Children’s Program
      1. Cole, S. F. et al. (2009). *Helping Traumatized Children Learn.* Boston: Massachusetts Advocates for Children. **Free Resources:** <http://massadvocates.org/publications-category/tlpi/>
   3. Mindfulness and Mind/Brain Duality
      1. Siegel, D. (2011). *Mindsight: The new science of personal transformation*. New York, NY: Random House.
      2. Siegel, D. (2007). *The Mindful Brain*. New York, NY: W. W. Norton & Company Ltd.
      3. Schwartz, J. D. & Begley, S. (2002). *The Mind & The Brain: Neuroplasticity and the power of mental force.* New York: HaperCollins.
      4. Burdick, D. (2013). *Mindfulness Skills Workbook for Clinicians and Clients: 111 Tools, Techniques, Activities, & Worksheets.* PESI Publishing & Media: Eau Claire, WI.
      5. Parnell, L. (2008). *Tapping In.* Sounds True: Boulder, Colorado.
   4. Burnout and work strategies
      1. Rock, D. (2009*). Your Brain at Work: Strategies for overcoming distraction, regaining focus, and working smarter all day long.* New York, NY: HarperCollins.
      2. Schwartz, T. (2010). *The Way We Are Working Isn’t Working.* New York: Free Press.
   5. Great Books on Trauma
      1. Herman, J. L. (1997). *Trauma & Recovery.* New York: Basic Books.
      2. Perry, B. & Szalavitz, M. (2007). *The Boy who was Raised as a Dog: And other stories from a child psychiatrist’s notebook.* New York: Basic Books.
      3. Mate, G. & Levine, P. A. (2010) In the Realm of Hungry Ghost: Close Encounters with Addition. Lyons, Colorado: The Ergos Institute.