PSYCHOLOGICAL TRAUMA
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GENERAL BOOKS


A Basic Understanding of Trauma: Theories of Understanding How Trauma Travels through the Mind and Body by Gerald Kiesman. Victoria, BC: G. Kiesman. (RC 552 P67 K543 2007)

Becoming Trauma Informed edited by Nancy Poole and Lorraine Greaves. Toronto, ON: Centre for Addiction and Mental Health. (RC 552 T7 B42 2012)


Images of Trauma: From Hysteria to Post-Traumatic Stress Disorder by David Healy. Boston, MA: Faber and Faber. (RC 552 P67 H43 1993)


My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies
by Resmaa Menakem. Las Vegas, NV: Central Recovery Press. (E 185.615 M38 2017)
(Shelved in Course Reserves section. For Library use only.)


Phoenix Zones: Where Strength is Born and Resilience Lives by Hope Ferdowsian. Chicago, IL: The University of Chicago Press. (BF 175.5 P75 F47 2018)


Post Traumatic Stress Disorder (PTSD) and War-Related Stress. Ottawa, ON: Veterans Affairs Canada. (RC 552 P67 P687 2006)


PSYCHOLOGICAL TRAUMA


Strategic Interventions for People in Crisis, Trauma, and Disaster by Diana Sullivan Everstine and Louis Everstine. New York, NY: Routledge. (RC 480.6 E913 2006)


**Trauma and the Body: A Sensorimotor Approach to Psychotherapy** by Pat Ogden, Kekuni Minton, and Clare Pain. New York: W.W. Norton. (RC 489 M53 O353 2006)


**Trauma: Explorations in Memory** edited by Cathy Caruth. Baltimore, MD: Johns Hopkins University Press. (BF 175.5 P75 T73 1995)


**Trauma-Informed Practice Guide.** Vancouver, BC: British Columbia Centre of Excellence for Women's Health. (RC 552 P67 T73 2013)


**Trauma Matters: Guidelines for Trauma-Informed Practices in Women's Substance Use Services.** Toronto, ON: Jean Tweed Centre. (HV 5824 W6 T724 2013)

<table>
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<th>Title</th>
<th>Author(s)</th>
<th>Publisher</th>
<th>ISBN</th>
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<tr>
<td>PSYCHOLOGICAL TRAUMA</td>
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<tr>
<td>Trauma-Related Stress in Australia: Essays by Leading Australian Thinkers and Researchers</td>
<td>edited by Bob Douglas and Jo Wodak. Weston, ACT: Australia 21 Ltd.</td>
<td>(RC 552 P67 T73 2016)</td>
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GENERAL AUDIO CDs

Surviving and Thriving: Living Through a Traumatic Experience: 3 Sessions with Dr. Mark Lerner by Mark D. Lerner. Commack, NY: M. Lerner. (BF 175.4 P75 L477 2004)

Practical information that addresses the emotional needs of those living through a traumatic experience to help ease the pain, keep you functioning, lessen the likelihood of long-term emotional suffering, and help you see the opportunities a crisis can bring.

GENERAL DVDs

D1724 Addressing Trauma (DVD, 104 minutes)
Dr. Solanto speaks about trauma, how it affects people and working with wounded clients. (Heartspeak Productions) (RC 552 T7 S653 2013)

D2177 Bessel van der Kolk Trauma Interview Series: Frank Putnam. (DVD, 308 minutes)
Bessel A. van der Kolk interviews pioneering researcher Frank Putnam, one of the world's foremost scientists in the field of trauma, dissociation and attachment. He discusses his studies on sexual abuse, transgenerational trauma, and dissociation and multiple personality disorders (DID). He provides an understanding of the impact of trauma on the mind and brain that inform trauma treatment. (PESI) (RC 552 P67 V355 2017)

D2144 Clinical Demonstration: Transforming Trauma: Awakening the Ordinary Miracle of Healing (DVD, 57 minutes)
Through demonstration, Peter Levine teaches how to notice the ways trauma is imprinted on the body. He teaches how to recognize, avoid and heal with appropriate support and tools to help overcome and prevent trauma. (Odin Books) (RC 552 P67 L48 2014)

D1346 The Counting Method (DVD, 25 minutes)
This program documents a specific technique for mastering flashbacks and intrusive recollections, and a collegial, collaborative relationship between psychotherapist and client, midway through a long-term, multifaceted out-patient treatment. (Kinetic) (RC 552 P67 C685 1993)
### Counting the Cost: The Lasting Impact of Childhood Trauma
Dr. Bessel van der Kolk and three clinicians explore the various symptoms of Disorder of Extreme Stress. Four survivors of severe early trauma add their perspectives on its effect on their lives and their attempts to cope with those effects. (Cavalcade Productions Inc.) (RC 552 P67 C69 1995)

### EMDR, A Closer Look (DVD, 40 minutes)
A group of experts present their perspectives on a variety of issues concerning EMDR. Dr. Francine Shapiro demonstrates the eight-step EMDR protocol and discusses the relationship between EMDR and trauma. (Guilford Press) (RC 489 E98 E437 1999)

### Moving Forward ... in the Aftermath of Trauma (DVD, 14 minutes)
This is invaluable information for those directly (or indirectly) affected by traumatic incidents in the workplace and beyond. Gathers a group of leading experts in the field of trauma, who give practical suggestions for moving forward. Viewers learn to understand the normal responses to all types of trauma; take practical steps towards recovery; support coworkers, employees, friends and family; work together within organizations, and gain strength as individuals and communities. (Owen-Stewart Performance Resources) (RC 552 P67 M68 2002)

### The Neurophysiology of Trauma, Attachment, Self-Regulation & Emotions: Clinical Applications of the Polyvagal Theory (DVD, 358 minutes)
Dr. Stephen Porges is an international expert on the neurophysiology of emotions, trauma, attachment and self-regulation. He demonstrates how to put this understanding to use when implementing interventions for mediating symptoms of many mental health disorders including autism, depression, ADD and PTSD. In addition, he covers strategies to trigger states of safety in your clients by activating the “highest level” mechanism. (PESI) (RC 552 T7 P67 2016)

### Overcoming Trauma-Related Shame and Self-Loathing (DVD, 58 minutes)
This is a recording of a webcast from Dr. Janina Fisher. She introduces shame from a neurobiological perspective -- as a survival strategy driving somatic responses of automatic obedience and total submission. She covers how to help clients relate to their symptoms with curiosity rather than automatic acceptance, discriminate the cognitive, emotional, and physiological components of shame, and to integrate somatic as well as traditional psychodynamic and cognitive-behavioral techniques to transform shame-related stuckness. (Odin Books) (RC 552 P67 J36 2013)

### The Polyvagal Theory (DVD, 83 minutes)
This presentation informs the therapist about how to assess the deleterious consequences of trauma-related experiences by understanding the adaptive psychological, behavioral, and health features of each of the three “polyvagal” visceral response strategies (i.e., social engagement, mobilization, and immobilization). It also covers how successful therapeutic interventions promote a neurocepcion of safety with the consequential improvements in mental and physical health by enabling mobilization and immobilization to occur without fear. (PESI) (QP 401 P67 2014)
**Shame and Self-Loathing in the Treatment of Trauma** (DVD, 362 minutes)
Shame often prevents traumatized clients’ recovery and hampers their ability to find relief and perspective despite effective treatment. Feelings of worthlessness and inadequacy interfere with taking in positive experiences, leaving only hopelessness. In this seminar, Dr. Janina Fisher discusses the following: the role of shame and self-loathing as symptoms of trauma; the neurobiological effects of shame; the role of negative cognitive schemas in perpetuating shame; the physiological and cognitive contributors to shame; somatic interventions drawn from Sensorimotor Psychotherapy that decrease shame; and memory processing, cognitive-behavioral and ego state techniques. (Odin Books) (RC 552 T7 S43 2013)

**Telling the Untold Stories** (DVD, 36 minutes)
This program demonstrates the potential impact of traumatic workplace events on staff, including how external resources may assist an organization, and illustrates the stages of a group debriefing. A non-emergency services work site is used to show the applicability of these debriefings in a general workplace setting. (Justice Institute of British Columbia, Social Services and Community Safety Division) (RC 552 P67 T448 1997)

**Trauma and Attachment with Bessel van der Kolk, M.D.** (DVD, 87 minutes)
Bessel A. van der Kolk, M.D. shares the latest on how our brains, minds and bodies respond to traumatic experiences. He explains how affect modulation techniques, EMDR, yoga and neurofeedback are used in overcoming the destabilization and disintegration caused by trauma. This seminar recording presents an understanding of how these experiences are processed by unconscious interpretations (subcortical) that take place outside of awareness. Learn why therapeutic methods that do not depend exclusively on understanding and cognition are needed to move the client beyond the “replay of the past” in their current experiences. (Odin Books) (RC 552 P67 V355 2012)

**Trauma, Attachment & Neuroscience** (DVD, 385 minutes)
In this seminar Dr. Bessel van der Kolk discusses new psychotherapeutic treatments for trauma victims. He addresses affect regulation, the integration of dissociated aspects of experience, overcoming helplessness, and the re-integration of human connections. (PESI/CMI Education) (BF 175.5 P75 T63 2011)

**Trauma, Mindfulness & Neurobiology of Self** (DVD, 80 minutes)
There has been increasing recognition of mindfulness and self-awareness as the foundations of emotional responsiveness, psychological change, and personal growth. This program highlights work that constitutes the cutting edge on the neurobiological foundations of stress resilience, mindfulness, the effects of trauma on self-awareness and self-organization, and how mindfulness meditation and yoga can change the brain. (Odin Books) (RC 489 M55 T8 2013)

**Trauma, Violence and Human Dignity** (DVD, 72 minutes)
Five therapists describe how they are educated and inspired by their clients’ courage and informed by community and cultural values. Useful therapeutic questions and steps are described and illustrated by clinical example. In-depth theory is provided through professional articles in the accompanying manual. You will be inspired by the stories of these therapists. (Dale Trimble and Associates) (RC 569.5 V55 T728 2007)


Helping Kids Heal: 75 Activities to Help Children Recover from Trauma and Loss by Rebecca Carman. Plainview, NY: Bureau for At-risk Youth. (RJ 506 P55 C37 2004)


The Link between Childhood Trauma and Mental Illness: Effective Interventions for Mental Health Professionals by Barbara Everett and Ruth Gallop. Thousand Oaks, CA: Sage Publications. (RC 569.5 C55 E94 2001)


The Psychological Effects of Hurricane Andrew on Elementary and Middle School Children by Russell T. Jones … [et al.]. Boulder, CO: National Hazards Research and Applications Center, University of Colorado. (BF 723 D5 P884 1993)


Trauma-Informed Youth Justice in Canada: A New Framework Toward a Kinder Future by Judah Oudshoorn. Toronto: Canadian Scholars’ Press. (HV 9108 O93 2015)


When there Are No Words: Repairing Early Trauma and Neglect from the Attachment Period with EMDR Therapy by Sandra Paulsen. Bainbridge Island, WA: Bainbridge Institute for Integrative Psychology. (RJ 506 P66 P37 2017)


### TRAUMA IN CHILDREN AND YOUTH - DVDs

<table>
<thead>
<tr>
<th>DVD Code</th>
<th>Title</th>
<th>Duration</th>
<th>Description</th>
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<tr>
<td>D2005</td>
<td><strong>The ACE Study: The Adverse Childhood Experiences Study: Background, Findings, and Paradigm Shift</strong> (DVD, 100 minutes)</td>
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<td>This program contains the most comprehensive description of the ACE Study findings and replications of those findings among a general population sample in Washington State and other similar findings from large nationally representative samples. It features plenary addresses by the ACE Study co-investigators along with discussion by an internationally renowned childhood trauma researcher and child psychiatrist. (Academy on Violence &amp; Abuse) (RJ 506 P66 A34 2012)</td>
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<tr>
<td>D1333</td>
<td><strong>Children and Trauma: The School's Response</strong> (DVD, 21 minutes)</td>
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<td>A program for mental health professionals, school administrators and teachers. Trauma's impact on children and schools, normal and prolonged stress responses, assessment considerations, and intervention models are presented. (RJ 506 P66 C457 1992)</td>
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<tr>
<td>D2172</td>
<td><strong>Developmental Trauma Disorder</strong> (DVD, 74 minutes)</td>
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<td>This program reviews the development of Developmental Trauma Disorder (DTD) as a diagnosis and gives an overview of the field trial for DTD for inclusion in the DSM-V. It covers symptom clusters and describes how traumatic experiences impact brain development and affect regulation. (PESI) (RJ 506 P55 V355 2010)</td>
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<tr>
<td>D1425</td>
<td><strong>Essentials of Play Therapy with Abused Children</strong> (DVD, 40 minutes)</td>
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<td>Program presenter Eliana Gil discusses the unique benefits of play therapy for children who have been physically or sexually abused. Dr. Gil brings viewers into the therapeutic playroom, describes how play activities fit into the reparative process, and provides helpful pointers for practice. With the help of child volunteers (not actual patients), the video demonstrates specific art and play activities that can help children. (Login Brothers Canada) (RJ 505 P6 E87 1998)</td>
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<tr>
<td>D1206</td>
<td><strong>Helping Children Cope with Frightening Events: What You Can Do!</strong> (DVD, 25 minutes)</td>
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<td>This program gives teachers the skills to help their preschool and early elementary children get back to normal after a traumatic event, such as a natural disaster. It is based on developmentally best practices, research, Head Start Performance Standards, NAEYC standards, and the work of the Child Trauma Academy. (Educational Activities) (BF 723 D5 H453 2005)</td>
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<tr>
<td>D1843</td>
<td><strong>I Was Just a Kid</strong> (DVD, 30 minutes)</td>
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<td>Through the experiences of a group of women, explores the connection between childhood trauma and adult substance abuse; illustrates the fact that recovery from substance abuse entails recovering from the trauma of victimization. (THA Media Distributors) (HV 6626.5 I93 1997)</td>
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Play Therapy for Severe Psychological Trauma (DVD, 36 minutes)

Play and family therapist Eliana Gil discusses the nature of trauma, how to recognize it, and how to manage its effects on children’s development. Includes a reenacted clinical interview, footage from an actual play session, and a discussion of dissociation and other symptoms associated with posttraumatic stress disorder. (Guilford Publications) (RJ 505 P6 P63 1998)

Trauma and Dissociation in Children. I, Behavioral Impacts (DVD, 42 minutes)

Part of a 3-disc series intended to give child protection professionals a grounding in the psychological impacts of abuse, and provide them with better tools for working with traumatized children. This program explains the internal effects of trauma on children, and the behaviors that abused and neglected children may display. (International Society for the Study of Trauma and Dissociation) (RJ 506 P66 T738 2007 v.1)

Trauma and Dissociation in Children. II, Issues for Interviewers (DVD, 44 minutes)

Part of a 3-disc series intended to give child protection professionals a grounding in the psychological impacts of abuse, and provide them with better tools for working with traumatized children. This program discusses ways to make the interview process less stressful and more productive. (International Society for the Study of Trauma and Dissociation) (RJ 506 P66 T738 2007 v.2)

Trauma and Dissociation in Children. III, Guidelines for Prosecutors (DVD, 43 minutes)

Part of a 3-disc series intended to give child protection professionals a grounding in the psychological impacts of abuse, and provide them with better tools for working with traumatized children. This program delves into the difficult issues prosecutors may face when pursuing child abuse cases. (International Society for the Study of Trauma and Dissociation) (RJ 506 P66 T738 2007 v.3)

Trauma, Brain and Relationship: Helping Children Heal (DVD, 24 minutes)

Trauma profoundly affects the way children think, feel and act and is far more prevalent than formerly thought. It affects their abilities to focus or attend (mental), to calm themselves (emotional), and to be aware of others or their environment (situational). This program introduces ways to help identify, prevent and heal trauma in children. (Healing Resources Info) (RJ 506 P66 T7284 2004)

Trauma through a Child's Eyes: Awakening the Ordinary Miracle of Healing: Infancy through Adolescence (DVD, 290 minutes)

Workshop with Peter A. Levine, Ph.D., and Maggie Kline, M.S., M.F.T. Geared for professionals who have an interest in working with children, as well as those wishing to deepen their understanding of inner child work with adults. (Foundation for Human Enrichment) (RJ 499.3 T728 2008)
Understanding Childhood Trauma Video Series  
(D692, D695, D694, D693, D697, D691, D696, D690)

D692  The Brain — Effects of Childhood Trauma  (DVD, 29 minutes)  
Trauma in childhood can have devastating effects on the developing brain. Current research confirms that trauma can activate various systems in the brain that change neuron response and cognitive pathways and cause children to develop systems in the brain that cause them to be constantly hyper-aroused and hyper-vigilant. These changes can result in severe problems in learning ability, mood, bonding and attachment, and in problem solving. This program offers caregivers, teachers and health care providers suggestions for avoiding and dealing with damage to the brain from emotional trauma, with primary emphasis being placed on prevention and timely intervention. (McIntyre Media)  (RJ 506 P55 B724 2002)

D695  Domestic Violence & Childhood Trauma  (DVD, 29 minutes)  
The connection between trauma in childhood and domestic violence later in life is obvious to Jane Middelton-Moz, a relationship and trauma expert featured in this program. She states that children who experience domestic violence grow up learning to stuff feelings and emotions. They go through the world in a deep freeze, and have whole parts of themselves cut off. In domestic violence, if a partner wasn’t allowed their vulnerability as a child, then as an adult, if that vulnerability is touched, they will act out in rage. If the other partner wasn’t allowed their anger as a child, then as an adult they get the other partner to act out their anger for them. This program also features interviews with people recovering from the trauma of domestic violence, who relate the consequences of family violence. (McIntyre Media)  (HQ 809 D648 2002)

D694  Identifying & Responding to Trauma in Ages 6 to Adolescence  (DVD, 29 minutes)  
Older children suffering from the effects of emotional trauma are frequently misdiagnosed as having attention deficit disorder or chronic depression. Misdiagnosed characteristics of trauma are typically sex related, with boys who are hyperactive and act-out and girls who dissociate and withdraw. An accurate assessment of the problem is critical to the success of intervention. Common trauma-related problems also include learning difficulties, text anxiety, difficulty in forming relationships, difficulty with authority figures, substance abuse, acquiescence to abuse, and violent behaviour. Since teachers spend so much time with this age group, this program specifically targets teachers to help them form positive attachments and offer concrete help to their students. Sample guidelines include being respectful, giving positive reinforcement, investing time and attention, being consistent, and building honest relationships. (McIntyre Media)  (RJ 506 P55 I348 2002)

D693  Identifying & Responding to Trauma in Children 0 to 5 Years Old  
(DVD, 29 minutes)  
Trauma in the life of children from birth to five years of age has a profound impact which intensifies the need for early identification and intervention. Young children are either pre-verbal or inexperienced with the verbal language and consequently are unable to express their thoughts and feelings or describe threatening life events. In order to understand a child’s behaviour and plan for care and intervention it is necessary for the caregiver, teacher, or health care provider to determine the child’s history and emotional state from other sources. Segments in this program include determining the trauma, guidelines for caregivers, non-verbal interaction, significant loss, dissociating, being an example, and acceptance. Particular emphasis is given to a discussion on how caregivers and teachers can intervene to build trust and provide guidance, predictability and support. (McIntyre Media)  (RJ 506 P55 I347 2002)
D697  
**A Parent's Guide to Identifying & Responding to Childhood Trauma** (DVD, 39 minutes)
This video helps parents identify and respond to trauma from parental divorce, the death of a parent or sibling, a life threatening accident or illness, extreme school violence and natural catastrophic disasters, as well as terrorist attacks. The suddenness of the event, the fear produced, the confusion, and the lack of coping skills makes these events traumatic for many children. It is important for parents to know what to do in identifying reactions to these events in their children and, in turn, the appropriate responses to take. (McIntyre Media)  (RJ 506 P66 P273 2002)

D691  
**Significant-Event Childhood Trauma** (DVD, 29 minutes)
Sometimes a significant event can cause trauma in the life of a child. Such events include the death of a parent or sibling, parental divorce, violence, and natural disasters. If not addressed, that trauma will negatively affect normal and healthy childhood development. Typical effects of trauma are the alarm state, re-experiencing, emotional memory, avoidance, and dissociation. Effective intervention involves openness and honesty, nurturance, and the frank discussion of details. Program segments include: significant event trauma effects, targeting resources, in the classroom, divorce, single parents, addiction, violence, and intervention. Over time and with compassionate care and intervention children can recover from traumatic childhood events and be better prepared for similar losses and trauma later in life. (McIntyre Media)  (RJ 506 P55 S534 2002)

D696  
**Trauma & Healing** (DVD, 29 minutes)
Adults who have suffered trauma in childhood often have difficulty expressing anger. This program features trauma expert Jane Middleton-Moz. It also features interviews with Vickie, Cynthia, and Curtis, adults recovering from childhood trauma. Recovery from childhood trauma ultimately depends on accepting and understanding the original trauma, and then relying on the same survival skills that one had as a child. (McIntyre Media)  (RJ 506 P55 T723 2002)

D690  
**What Is Childhood Trauma?** (DVD, 29 minutes)
Defines childhood trauma as an experience that raises a child’s stress response for an unreasonable amount of time. Delves into the ranges of childhood trauma, symptom assessment, as well as its impact on the child’s physical and emotional health, development, as well as its potential impact on society as a whole. (McIntyre Media)  (RJ 506 P55 W53 2002)

**Other related bibliographies:**
- Critical Incident Stress

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