

## Suggested Reading

### **Books**

- Bloom, Jessi, and Shawn Linehan. *Creating Sanctuary: Sacred Garden Spaces, Plant-Based Medicine, and Daily Practices to Achieve Happiness and Well-Being*. Timber Press, 2018.
- Boss, Pauline. *Loss, Trauma, and Resilience: Therapeutic Work with Ambiguous Loss*. W. W. Norton & Company, 2006.
- Ginwright, Shawn A. *Hope and Healing in Urban Education: How Urban Activists and Teachers Are Reclaiming Matters of the Heart*. Routledge, Taylor & Francis Group, 2016.
- Gwinn, Casey, and Vincent J. Felitti. *Cheering for the Children: Creating Pathways to HOPE for Children Exposed to Trauma*. Wheatmark, 2015.
- Harris, Nadine Burke. *Deepest Well: Healing the Long-Term Effects of Childhood Adversity*. BLUEBIRD, 2020.
- Herman, Judith Lewis. *Trauma and Recovery: Aftermath of Violence from Domestic Abuse to Political Terror*. BasicBooks, 2015.
- Najavits, Lisa. *Recovery from Trauma, Addiction, or Both: Strategies for Finding Your Best Self*. Guilford Press, 2017.
- Nakazawa, Donna Jackson. *Childhood Disrupted: How Your Biography Becomes Your Biology, and How You Can Heal*. Atria Books, 2016.
- Romero, Victoria E., et al. *Building Resilience in Students Impacted by Adverse Childhood Experiences: a Whole-Staff Approach*. Corwin, 2018.
- Van der Kolk, Bessel. *The Body Keeps the Score Brain, Mind and Body in the Healing of Trauma*. Penguin Books, 2015.
- Wheatley, Margaret J., and Myron Kellner-Rogers. *A Simpler Way*. Berrett-Koehler, 2003.
- Zolli, Andrew, and Ann Marie. Healy. *Resilience*: Simon Et Schuster, 2013.

### **Toolkit**

NEAR@Home Toolkit: A Guided Process to Talk about Trauma and Resilience in Home Visiting (Great guidance for any face-to-face conversation with parenting adults)  
<http://thrivewa.org/2015/03/10/nearhome-toolkit-guided-process-talk-trauma-resilience-home-visiting/>

## Articles

Anda RF, Felitti VJ, Bremner JD, Walker JD, Whitfield C, Perry BD, et al. The enduring effects of abuse and related adverse experiences in childhood: A convergence of evidence from neurobiology and epidemiology. *Eur Arch Psychiatry Clin Neurosci*. 2006;256(3):174-86.

Chandler, M. J., & Lalonde, C. (1998). Cultural Continuity as a Hedge against Suicide in Canada's First Nations. *Transcultural Psychiatry*, 35(2), 191–219. <https://doi.org/10.1177/136346159803500202>

Felitti VJ, Anda RF, Nordenberg D, Williamson DF, Spitz AM, Edwards V, Koss MP, Marks JS. The relationship of adult health status to childhood abuse and household dysfunction. *American Journal of Preventive Medicine*. 1998;14:245-258.

Fleming, J., Ledogar, R.J. (2008) Resilience, An Evolving Concept: A Review of the Literature Relevant to Aboriginal Research. *Pimatisiwin* 6(2): 7-23. Rights: Open Access Journal.

Hall, J., Porter, L., Longhi, D., Becker-Green, J., Dreyfus, S. (2012) Reducing Adverse Childhood Experiences (ACE) by Building Community Capacity: A Summary of Washington Family Policy Council Research Findings. *Journal of Prevention and Intervention in the Community* 40: 325-334. Rights: Taylor & Francis Group, LLC.

Harvey M.H. (2007): Towards an ecological understanding of resilience in trauma survivors. *Journal of Aggression, Maltreatment & Trauma*, 14(1-2): 9-32. Rights: Routledge.

HeavyRunner, I. & Marshall, K. (2003). Miracle survivors: Promoting resilience in Indian students. *Tribal College Journal*, 14(4): 15-18. Rights: Available for download via ERIC.

National Child Traumatic Stress Network (2013) NCTSN Bench Card for the Trauma Informed Judge. Published in partnership with the National Council of Juvenile and Family Court Judges

Perry, B.D.(2002) Childhood Experience and the Expression of Genetic Potential: What Childhood Neglect Tells Us About Nature and Nurture. *Brain and Mind* 3: 79–100. Rights: Kluwer Academic Publishers.

Porter, L., Martin, K., Anda, R. (2016) Self-Healing Communities: A Transformational Process Model for Improving Intergenerational Health, Robert Wood Johnson Foundation; <https://www.rwjf.org/en/library/research/2016/06/self-healing-communities.html>

Runyan, D.K, Hunter, W.M., Socolar, R.R.S., Amaya-Jackson, L., English, D., Landsverk, J., Dubowitz, H., Browne, D.H., Bangdiwala, S.I., Mathew, R.M. (1998). Children who prosper in unfavorable environments: The relationship to social capital. *Pediatrics*, 101(1): 12-18. Rights: Available as PDF download from the publisher.

Sampson, R.J., Raudenbush, S.W. & Earls, F. (1997). Neighborhoods and violent crime: A multilevel study of collective efficacy. *Science*, 277: 918-924. Rights: Association for the Advancement of Science.

Szyf, M., Bick, J., (2013) DNA Methylation: A Mechanism for Embedding Early Life Experiences in the Genome. *Child Development* Jan/Feb Vol. 84, No. 1, 40-57

Teicher, M.H. (2002). Scars that won't heal: The neurobiology of child abuse, *Scientific American*, 286(3): 54-61. Rights: Nature Publishing Group, New York, NY.

Wheatley, M. & Frieze, D. (2006). Using emergence to take social innovations to scale. Provo, UT: Berkana Institute. Rights: Berkana Institute. Available for download at [berkana.org](http://berkana.org).