

RESOURCES

BOOKS

Levine, P. A. (1997). *Waking the tiger: Healing trauma*. North Atlantic Books.

Maté, G., & Maté, D. (2022). *The myth of normal: trauma, illness, and healing in a toxic culture*. Avery.

Tedeschi, R. G., Moore, B. A. (2016). *The posttraumatic growth workbook: Coming through trauma wiser, stronger, and more resilient*. New Harbinger Publications.

van der Kolk, B. (2015). *The body keeps the score: Brain, mind, and body in the healing of trauma* (S. Pratt, Narr.) [Audiobook]. Penguin Audio.

ONLINE ARTICLES/WEBPAGES

Brenner, G. H. (2020, February 23). *4 Factors that may lower PTSD risk and bolster resilience*. Psychology Today. <https://www.psychologytoday.com/us/blog/experimentations/202002/4-factors-may-lower-ptsd-risk-and-bolster-resilience>

Gooden, M. (2022, January 28). *How to help someone with trauma*. Psych Central. <https://psychcentral.com/health/how-to-help-someone-with-trauma>

Lebow, H. I. (2021, December 22). *What is post-traumatic growth?* Psych Central. <https://psychcentral.com/health/post-traumatic-growth>

Understand and overcoming 3 types of trauma: Acute, chronic, and complex. (2022, September 10). MedCircle. <https://medcircle.com/articles/types-of-trauma>

PODCASTS

Grynberg, S. (Host). (2021, May 10). Dr. Gabor Maté: Healing from addiction & trauma (No. 29) [Audio podcast episode]. In *A Life of Greatness*. <https://sarahgrynberg.com/podcast/gabormate?rq=gabor>

Koven, M. (Host). (2021-present). *The healing trauma podcast with Monique Koven* [Audio podcast]. <https://www.thehealingtraumapodcast.com>

Maximé, F. (Host). (2019, June 14). Somatic experiencing with Dr. Peter A. Levine (No. 5) [Audio podcast episode]. In *ReRooted with Francesca Maximé*. <https://maximeclarity.com/the-podcast-episodes/episode-5-peter-levine-somatic-experiencing>

Penelope, K. [@ComplexTraumaRecovery] (Host). (2020-present). *Complex trauma recovery* [Video podcast]. YouTube. <https://www.youtube.com/ComplexTraumaRecovery>

VIDEOS

American Psychiatric Association. (2022, October 21). *What is PTSD?* [Video]. YouTube. <https://www.youtube.com/watch?v=uoJBvXAUvA8>

Horton, L. [@Headfulness]. (2023, May 6). *Breathing exercise for vagus nerve stimulation* [Video]. YouTube. <https://www.youtube.com/watch?v=eoUs2Ckr6NE>

FROM SURVIVING TO THRIVING: OVERCOMING TRAUMA AND BUILDING RESILIENCE

National Institute for the Clinical Application of Behavioral Medicine [@NICABM]. (2021, August 3). *Understanding post-traumatic growth with Sonya Lyubomirsky* [Video]. YouTube.
<https://www.youtube.com/watch?v=zzyDEDsjNVA>

Psych Hub. (2021, November 19). *What is trauma?* [Video]. YouTube.
<https://www.youtube.com/watch?v=q0UPnWfNpak&t=35s>

WEBSITES

Substance Abuse and Mental Health Services Administration

Trauma resources: samhsa.gov/resource/dbhis/trauma

United States Department of Veterans Affairs

National Center for PTSD: ptsd.va.gov

ComplexTrauma.org

Resources: complextrauma.org/resources

American Psychological Association

Growth After Trauma: apa.org/monitor/2016/11/growth-trauma

ORGANIZATIONS/ SUPPORT GROUPS/ HOTLINES

988 Suicide and Crisis Lifeline

Dial: 988

988lifeline.org

CPTSD Foundation

cptsdfoundation.org/safe-support-groups

United States Department of Veteran Affairs, National Center for PTSD (Veterans)

ptsd.va.gov/gethelp/peer_support.asp

RAINN – National Sexual Assault Hotline

800-656-4673

rainn.org

APPS

PTSD Coach

Designed for Veterans experiencing symptoms of PTSD

<https://mobile.va.gov/app/ptsd-coach>

PTSD Family Coach

For family members of those living with PTSD

<https://mobile.va.gov/app/ptsd-family-coach>