

Understanding Trauma and Neuro-Science

The Body Keeps the Score by Bessel van der Kolk, M.D. Bessel van der Kolk's seminal work, *The Body Keeps the Score*, deep dives into how trauma impacts the brain, body, and mind, often manifesting in physical and psychological struggles. Combining research and case studies, the book highlights innovative treatments, emphasizing the importance of body-based therapies for healing.

The Deepest Well by Nadine Burke Harris, M.D. explores the profound impact of adverse childhood experiences (ACEs) on long-term health and well-being. Blending personal stories, scientific research, and clinical insights, Dr. Nadine Burke Harris reveals how childhood trauma can lead to chronic illness, emotional struggles, and even early death if left unaddressed. Dr. Harris also offers a hopeful roadmap for healing, emphasizing the power of early intervention, resilience, and community support.

What My Bones Know by Stephanie Foo is a powerful memoir that explores her journey of living with and healing from, Complex PTSD (CPTSD). Through raw storytelling, Foo delves into the impact of childhood trauma, cultural identity, and the struggle for emotional peace. Her story offers hope and insight, showing that recovery is possible through therapy, self-compassion, and resilience.

Trigger Points by Joyelle Brandt and Dawn Daum offers a raw and insightful exploration of the unique challenges childhood abuse survivors face as parents. Through personal narratives, the book highlights how past trauma can resurface during parenting while providing understanding and support for navigating these complex emotions and experiences.

The Myth of Normal by Gabor Maté, M.D. challenges societal norms around health, illness, and well-being, revealing how modern culture often creates conditions for disease and dysfunction. Maté emphasizes the need for authenticity, connection, and trauma awareness as essential components for healing and thriving.

It Didn't Start With You by Mark Wolynn explores how inherited family trauma can shape mental and emotional well-being across generations. The illuminating book offers practical tools to identify and heal subconscious patterns, breaking cycles of pain for future generations.

What Happened To You by Bruce Perry, M.D., Ph. D. & Oprah Winfrey delves into how early childhood experiences, particularly trauma, shape brain development and behavior. Through compassionate conversations, they shift the focus from asking "What's wrong with you?" to "What happened to you?"

Waking the Tiger by Peter A. Levine explores the nature of trauma and its impact on the body. Levine offers a groundbreaking approach to healing by harnessing the body's innate ability to process traumatic experiences through somatic awareness and natural movement.

Trauma and Recovery by Judith Herman, M.D. explores the psychological impact of trauma, specifically in cases of domestic abuse, sexual violence, and political terror. She reframes recovery as a three-stage process, including: safety, remembrance & mourning, and reconnection. This process has served as a foundation for phases of treatment and recovery that others have built on. Herman's book changed the way people understand trauma by showing how personal struggles connect to broader social and political issues. It highlights the dual importance of healing as an individual, as well as making changes in society. The New York Times called it "one of the most important psychiatric works to be published since Freud."