

BOOKS ON TRAUMA

General information about trauma

- *The Body Keeps the Score: Brain, Mind, And Body in the Healing of Trauma*
by Bessel van Der Kolk MD
- *What Happened to You?: Conversations on Trauma, Resilience, and Healing*
by Oprah Winfrey and Bruce Perry, MD
- *Transforming Trauma: The Path to Hope and Healing*
by James S. Gordon, MD
- *The Deepest Well: Healing the Long-Term Effects of Childhood Adversity*
by Nadine Burke Harris, MD
- *The Boy Who Was Raised as a Dog: And Other Stories from a Child Psychiatrist's Notebook -- What Traumatized Children Can Teach Us About Loss, Love, and Healing* by Bruce Perry, MD, PhD and Maia Szalavitz

From a Christian perspective

- *Mending the Soul: Understanding and Healing Abuse* by Steve R. Tracy
- *Suffering and the Heart of God: How Trauma Destroys and Christ Restores*
by Diane Langberg
- *The Wounded Heart: Hope for Adult Victims of Childhood Sexual Abuse* by
Dan B. Allender
- *The Broken Way: a Daring Path into the Abundant Life* by Ann Voskamp
- *Veronica's Veil* by T. Pitt Green
- *Hurting in the Church: A Way Forward for Wounded Catholics* by Fr. Thomas
Berg
- *My Peace I Give You: Healing Sexual Wounds with the Help of the Saints* by
Dawn Eden

- *Be Healed: A Guide to Encountering the Powerful Love of Jesus in Your Life*
by Bob Schuchts

Personal stories of trauma and abuse

- *Exposed* by Shannon Deitz
- *Abuse of Trust: Healing from Clerical Sexual Abuse* by Allen Hebert (with two chapters by Deborah Rodriguez, MD
- *Acts of Recovery* by Michael Hoffman

Recommended authors Deb Dana, Peter A. Levine PhD, Gabor Maté MD, Stephen W. Porges, Richard C. Schwartz PhD, Daniel J. Siegel M.D,