

## **Bibliography and Resources for Trauma-Informed Spiritual Care**

### Essentials for Trauma-Informed Care and Theory:

Van der Kolk, Bessel, *The Body Keeps Score: Brain, Mind, and Body in the Healing of Trauma* (2014)

Nakazawa, Donna Jackson, *Childhood Disrupted: How Your Biography Becomes Your Biology, and How You Can Heal* (2015)

Harris, Nadine Burke, *The Deepest Well: Healing the Long-Term Effects of Childhood Adversity* (2018)

### Firsthand Writings on Dealing with Mental Health Challenges:

Finnegan-Hosey, David, *Christ On The Psych Ward* (2018)

Saks, Elyn R., *The Center Cannot Hold: My Journey through Madness* (2008)

Ruether, Rosemary Radford with David Ruether, *Many Forms of Madness: A Family's Struggle With Mental Illness and the Mental Health System* (2010)

### Trauma-Informed Practice:

Hanson, Rick (Ph.D.) with Richard Mensius, MD, *Buddha's Brain: The Practical Neuroscience of Happiness, Love and Wisdom* (2009)

Books by His Holiness The Dalai Lama:

*An Open Heart: Practicing Compassion In Everyday Life* (2001)

*The Good Heart: A Buddhist Perspective on the Teachings of Jesus* (1996)

Books and Audio Programs by Jack Kornfield – *A Path With Heart: A Guide Through The Perils and Promises of Spiritual Life* (1993); *The Wise Heart: A Guide to the Universal Teachings of Buddhist Psychology* (2008); see his website for resources and newsletter

Books by Thich Nhat Hanh - *Peace Is Every Step: The Path of Mindfulness in Everyday Life* with Forward by His Holiness, The Dalai Lama; *Your True Home: The Everyday Wisdom of Thich Nhat Hanh* compiled by Melvin McLeod (2011)

Newberg, Andrew (M.D.) and Mark Robert Waldman, Words Can Change Your Brain (2012)

Newberg, Andrew and Mark Robert Waldman, How God Changes Your Brain: Breakthrough Findings from a Leading Neuroscientist (2009)

Newberg, Andrew, Principles of Neurotheology (2010)

Hutchison, Sandra B. (LCSW, BCETS), Effects of and Interventions for Childhood Trauma from Infancy Through Adolescence Pain Unspeakable (2005)

Risking Connection in Faith Communities – A Training Curriculum for Faith Leaders Supporting Trauma Survivors – by Jackson H. Day, Elizabeth Vermilyea, Jennifer Wilkerson, Esther Giller (2006)

Theological Foundation and Exploration:

Rambo, Shelly, Resurrecting Wounds: Living In The Afterlife Of Trauma (2017); Spirit and Trauma: A Theology of Remaining (2010)

Baldwin, Jennifer, Trauma Sensitive Theology: Thinking Theologically in the Era of Trauma (2018)

McClintock, Karen A., When Trauma Wounds – Pathways to Healing and Hope (2019)

Ekblad, Bob, Reading the Bible with the Damned (2005)

Larson, Scott, At Risk-Bringing Hope to Hurting Teenagers (1999)

McGrath, Sue, Healing the Ravaged Soul-Tending the Spiritual Wounds of Child Sexual Abuse (2016)

Heath, Elaine A., We Were the Least of These: Reading the Bible with Survivors of Sexual Abuse (2011)

Rennebohm, Craig, Souls in the Hands of a Tender God: Stories of the Search for Home and Healing on the Streets (2009)

Punnett, Ian, How to Pray When You're Pissed at God (2013)

Wallace, Misty and Keith Blackburn with Kirk Blackard, Face to Face: Our Story of Crime, Repentance and Forgiveness (2016)

Hunsinger, Deborah van Deusen, Bearing the Unbearable (2015)

Jones, Serene, Trauma and Grace: Theology in a Ruptured World (2009)

Trent, J. Dana, For Sabbath's Sake: Embracing Your Need for Rest, Worship, and Community (2017)

Oden, Amy G., Right Here Right Now: The Practice of Christian Mindfulness (2017)

Connelly, Kerry, *Pause: Making Time to Walk With God* (2017)

Brown, Brene, (Ph.D., L.M.S.W.) *The Gifts Of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are* (2010)

Leder, Steve, *More Beautiful Than Before: How Suffering Transforms Us* (2017) – the writer is Senior Rabbi of Wilshire Boulevard Temple in Los Angeles

Thurman, Howard, *Jesus and the Disinherited* (1976)

### Networking Resources:

Child Welfare Trauma Training Toolkit – The National Child Traumatic Stress Network ([www.NCTSN.org](http://www.NCTSN.org))

National Chaplains Association for Youth at Risk – excellent network; Rev. Gary Livesay, Chaplain at Chaddock, is the current President

Wellspring Institute for Neuroscience and Contemplative Wisdom. “The Wise Brain Bulletin” is their newsletter.

The Center for Spirituality and Practice – online resources representing many faith traditions. Frederic and Mary Ann Brussat, co-directors.

Youth Mental Health First Aid ([mentalhealthfirstaid.org](http://mentalhealthfirstaid.org))

Bruised Reeds and Smoldering Wicks – a trauma informed study for churches. Intermountain Ministry: Restoring Hope for Children: [www.intermountainministry.org](http://www.intermountainministry.org)

### Articles:

“Introducing Mindfulness to Patients with Diverse Beliefs and Backgrounds” with Ronald Siegel (PsyD) and Ruth Buczynski (PhD). National Institute for the Clinical Application of Behavioral Medicine ([www.nicabm.com](http://www.nicabm.com))

“Brains in Pain Cannot Learn!” by Lori Desautels (January 7, 2016). George Lucas Educational Foundation.

“The Quiet Time Program: Restoring a positive culture of academics and well-being in high-need school communities.” David Lynch Foundation.

Scientific studies by Yi-Yuan Tang and others. One example, “Short-term meditation training improves attention and self-regulation. PNAS – Proceeding of the National Academy of Sciences of the United States of America ([www.pnas.org](http://www.pnas.org))

Lectures by Dr. Pat Fosarelli (M.D. and D. Min.) of St. Mary’s Seminary and University, Ecumenical Institute (Baltimore, MD):

“Bouncing Back or Staying Down? Stress, Resiliency, and Spirituality” (10/25/2017)

“Stress and Resiliency in Ministry” Workshop (10/26/2017)

“Trauma and Healing” class (Spring 2018) at St. Mary’s Ecumenical Institute with instructors:

Dr. Pat Fosarelli and Dr. John Hayes

Books with specific practices:

Practical Kindness: Discover the Power of Compassion for Health and Happiness by Raje S. Airey (Anness Publishing, Ltd., 2017)

Everyday Mindfulness: 365 Ways to a Centered Life (2016 by Bounty Books)

The Pocket Book of Mindfulness: Live in the moment and reduce stress

The Mindfulness Companion: A Creative Guide To Bring Calm To Your Day by Dr. Sarah Jane Arnold (2016)

How To Be Kind: Tales Of Inspiration And Lessons In Kindness by Cara Frost-Sharratt (2015)

The Pocket Book of Native American Wisdom (A Collection of inspiring reflections and profound spiritual knowledge) (2017)

Prayer for Healing edited by Maggie Oman with Introduction by His Holiness, The Dalai Lama (1997)

A Life of Gratitude: A Journal to Appreciate It All, Big and Small by Lori Roberts (2018)

Guide My Feet: Prayers and Meditations On Loving And Working For Children by Marian Wright Edelman (Children’s Defense Fund) (1995)

Threlfall-Homes, Miranda, The Teenage Prayer Experiment Notebook (2017) (interactive prayer ideas for children)

### Multi-Sensory Ideas:

- Prayer Beads:

Vincent, Kristen E., *Beads of Healing: Prayer, Trauma, and Spiritual Wholeness* (2016); *A Bead And A Prayer: A Beginner's Guide to Protestant Prayer Beads* (2013); *Another Bead, Another Prayer: Devotions to Use with Protestant Prayer Beads* (2014)

- Prayer Squares/Pocket Prayers/Pocket Prayer Shawls
- Comfort Cross/Palm Cross
- Tibetan Singing Bowl
- Weighted Stuffed Animals
- Calming Jars
- Various Meditation Apps – Calm; Headspace

*Book of Fidgets: A Jot and Doodle Journal for Christian Youth* by Keely Moore and John Tinley (helpful for youth who need to jot and doodle about their faith)

### Bibles:

*Children of God Storybook Bible* by Archbishop Desmond Tutu (illustrations by artists from all over the world). Published by Zondervan, 2010.

*The Action Bible: God's Redemptive Story*. Illustrations by Sergio Cariello. General Editor Doug Mauss. Published by David C. Cook, 2010.

*The Comic Book Bible* by Rob Suggs. Published by Barbour Books, 1997.

*The Brick Bible as told and illustrated by Brendan Powell Smith*. Skyhorse Publishing, 2011.

*Devotion Book for Foster Families – SWINGS Hanging from Every Tree: Daily Inspirations for Foster and Adoptive Parents* published by Chaddock Press (ISBN #0-9859696-0-8)