

**THE UNIVERSITY OF TEXAS
STEVE HICKS SCHOOL OF SOCIAL WORK**

Course Number:	SW n393R9	Instructor:	Starla Simmons, LCSW
Unique Number:	89315	Email:	starla.simmons@utexas.edu
Semester:	Summer 2022	Office:	3.1234 D
Meeting Time/Place:	Mondays/Wednesdays	Office Phone:	512-232-2703
	8:30am – 11:00am	Office Hours:	Wednesdays 11:30pm – 12:30pm
	SSW 2.122		Other time by appointment

Assessment and Treatment of Traumatized Populations

I. STANDARDIZED COURSE DESCRIPTION

The course is designed as an advanced clinical selective for graduate students in the School of Social Work who wish to increase knowledge and skills for practice with traumatized populations. Students will develop a working understanding of traumatized populations from diverse backgrounds, affirming and respecting their strengths and differences. Although the assigned readings and focus of class sessions will be on traumatized adults, supplemental readings will be identified for students aspiring to work with traumatized children or adolescents. Such students will have the option of focusing their role plays on applying the treatment modalities covered in this course to work with children or adolescents, based on the supplemental readings. This course is grounded in the identification, analysis, and implementation of empirically-based intervention strategies. It will focus on skill building and will include multiple perspectives in the advanced application of theories, models and skills utilized in varying treatment modalities, with emphasis placed at the micro and mezzo levels of practice. The framework of the course is based on social work values and the ethical decision-making process, as illuminated by the NASW Code of Ethics.

II. STANDARDIZED COURSE OBJECTIVES

At the end of this course students will:

1. develop assessment skills for the diagnosis of posttraumatic stress disorder (PTSD) as well as the impact of trauma on other disorders;
2. demonstrate understanding and skills in the core components of the treatment of trauma, such as treatment stages, psychoeducation, the therapeutic relationship, and safety and arousal reduction techniques;
3. describe the key features distinguishing alternative evidence-based treatment approaches for trauma-related symptoms;
4. demonstrate skills in at least one trauma treatment modality;
5. demonstrate evaluation skills by accurately appraising how well others evince skills in at least one trauma treatment modality;
6. identify steps practitioners can take to prevent or ameliorate

- their own vicarious/secondary trauma;
7. demonstrate the ability to adapt intervention models and strategies to reflect an understanding of persons from diverse backgrounds, including (but not limited to) race, ethnicity, culture, class, gender, sexual orientation, religion/spirituality, physical or mental ability, developmental level, age, and national origin;
 8. demonstrate the ability to tailor and integrate clinical interventions based on the context in which they are delivered; and
 9. demonstrate advanced knowledge of social work values and ethical decision-making processes as they relate to ethical dilemmas in clinical intervention with traumatized adults.

III. TEACHING METHODS

This class will be taught using a variety of methods with an emphasis on experiential learning for the purpose of building skill and confidence. The nature of the course content requires a didactic approach as well. Therefore, PowerPoint lectures, role-plays, videos, class discussions, small group and dyad exercises, and guest speakers will all be utilized. For success in this class, you must be willing to participate, take risks and “stretch” out of your comfort zone. You are expected to ask questions to clarify expectations, provide me with constructive feedback in a timely manner and meet with me individually as needed and/or when requested. All in-class discussions related to personal values, beliefs, or life experiences must be kept confidential.

Use of Canvas for this course: This class uses Canvas – a Web-based course management system with password-protected access at <http://canvas.utexas.edu> - for confidential communication such as posting and submitting assignments. Readings that are not in the required text, assignment guidelines and assignment grading rubrics are all posted to Canvas. Students can access Canvas Help 24/7 by calling 855- 308-2494. Students are expected to set notifications in Canvas so they receive announcements updates as soon as they are posted. **If anything is getting in the way of your learning, let me know as soon as possible so we can discuss it and problem solve!**

IV. REQUIRED TEXT AND MATERIALS

Van der Kolk, Bessel A., 1943, & Milton H. Erickson Foundation. (2013). *The body keeps score: Integration of mind, brain, and body in the treatment of trauma*. Phoenix, AZ: Milton H. Erickson Foundation

Additional assigned readings will be uploaded to Canvas

V. COURSE REQUIREMENTS

Self-Care & Trauma Stewardship

15 pts

Understanding the impact of one’s own trauma responses is critical in providing ethical, trauma-informed care services. The purpose of this assignment is to develop self-awareness and understanding of vicarious trauma. Students will complete the *Self-Care*

Assessment & Maintenance Sheet created by the University of Buffalo School of Social Work and complete short answer questions from the book *Trauma-Stewardship*. See Canvas for worksheet and questions.

Collective Trauma Assignment: Paper format or Powerpoint Presentation **30pts**

The purpose of this paper is deepen understanding of the impact of collective trauma on individuals, groups, and communities. Students will choose a specific community or population and explore the historical, cultural and/or intergenerational traumas experienced. In the paper or presentation, students will outline the dynamics of the collective trauma: community demographics & a brief assessment of the strengths and needs, the event(s) or conditions that caused harm/trauma, examples of interventions at the micro, mezzo, and macro level that address the collective trauma. Assignment details and rubric can be found in Canvas.

Evidence-Based Trauma Intervention: *Student Choice* **25 pts.**

1. Online Certification in Trauma-Focused Cognitive Behavioral Therapy

There is an online training for \$35 called *Trauma-Focused Cognitive Behavioral Therapy* (TF-CBT), available through the website of Medical University of South Carolina. The 11-hour course trains you in the basics of using TF-CBT model that is widely accepted in therapeutic practice. Students can complete the course for 25 points credit. Upload or bring your printed Certificate to the class. Link to the training is: <https://tfcbt2.musc.edu/en>

2. Create an Evidence-Based/Informed Intervention Guide:

You choose a specific trauma intervention and create an interactive training guide for social work students. The training guide should be an organized package of information that includes: a detailed overview of the intervention and theories/frameworks that shape it, examples and explanation of specific skills clinicians use and the components of how it facilitated; summary of research that show its effectiveness with appropriate populations, additional resources (videos, links, published handouts) that offer more, and ethical considerations. Additional assignment details are posted in Canvas.

Group Project: Trauma Profile & Clinical Intervention Demonstration: **30pts.**

The purpose of this project is for students to perform an assessment of a public figure (celebrity or fictional character) who has experienced trauma and demonstrate appropriate clinical interventions. This project will be completed in small groups of four. Students will need to provide a detailed assessment of this person, creating an in-depth profile that tells their “story”: a bio-psycho-social-spiritual assessment, history of trauma, trauma responses & criteria met for diagnosis. Students will also select clinical intervention(s) that address their client’s needs & demonstrate the intervention methods to the class. The clinical intervention must be strengths-based, evidenced-informed with a research analysis on why this method was chosen with this particular client. See detailed assignment requirements and rubric in Canvas.

Assignment:	Points
-------------	--------

Self-Care and Trauma Stewardship	15
Collective Trauma Impact Paper	30
Evidence Based Interventions: Complete Online Training or Invention Guide	25
Group Project: Trauma Profile & Demonstration	30
Total	100 pts.

VI. GRADES

94.0 and Above	A
90.0 to 93.999	A-
87.0 to 89.999	B+
84.0 to 86.999	B
80.0 to 83.999	B-
77.0 to 79.999	C+
74.0 to 76.999	C
70.0 to 73.999	C-
67.0 to 69.999	D+
64.0 to 66.999	D
60.0 to 63.999	D-
Below 60.0	F

VII. CLASS POLICIES

ATTENDANCE AND PARTICIPATION Attendance and participation for the entire class is expected for all students. If a student is unable to attend class, please inform the Professor by email at your earliest convenience. Repeated absences will require conference with Professor, additional make-up work if necessary, and possible loss of points. Classroom exercises, discussions, role-plays, guest speakers and other class experiential exercises are essential for the students' professional learning and continued development of self-awareness. This form of learning cannot be "made up" once missed. Students will be expected to contact their peers to secure any missed notes or handouts. The student may schedule an office visit with the professor if they wish to discuss missed classroom material in more detail.

PAPERS Students are expected to produce high quality work in terms of appearance, writing style and content. Points will be deducted for errors, misspellings, incorrect grammar, poor organization, repetition of information, and inferior word processing. When using information from other sources, references and bibliography should conform to the current APA style of citation. Students are encouraged to consult with the SSW writing consultant. Plagiarism is a serious violation of university rules and will be dealt with according to university policy.

TIME MANAGEMENT All assignments are due at the beginning of class on the date and time indicated. **Late assignments will be penalized 5% of the total percentage points allowed per day that they are late and will only be accepted in the first week following an assignment due date. However, students will be allowed to turn one assignment in late by one day during the semester without incurring the 5% penalty.** Contact the instructor before the

assignment is due if other arrangements need to be made due to an emergency. All assignments are due at the beginning of class on the date and time indicated on Canvas.

USE OF CANVAS IN CLASS In this class the professor uses Canvas Web based course management system with password protected access at <http://canvas.utexas.edu> distribute course materials, to communicate and collaborate online, to post grades, to submit assignments, and to give students online quizzes and surveys. Students can find support in using Canvas at the ITS Help Desk. For more information go to <http://www.utexas.edu/its/helpdesk/>

FEEDBACK Students will be asked to provide feedback on their learning and the professor's teaching strategies in informal as well as formal ways. It is very important for the professor to know the students' reactions to what is taking place in class, ensuring that together the professor and students can create a dynamic and effective learning community. Students are encouraged to provide ongoing feedback to the instructor during class and office visits.

VII. UNIVERSITY POLICIES

COVID-19 RELATED INFORMATION. The University's policies and practices related to the pandemic may be accessed at: <https://protect.utexas.edu/>

THE UNIVERSITY OF TEXAS HONOR CODE. The core values of The University of Texas at Austin are learning, discovery, freedom, leadership, individual opportunity, and responsibility. Each member of the university is expected to uphold these values through integrity, honesty, trust, fairness, and respect toward peers and community.

DOCUMENTED DISABILITY STATEMENT. Any student who requires special accommodations must obtain a letter that documents the disability from the Services for Students with Disabilities area of the Division of Diversity and Community Engagement (471- 6259 voice or 471-4641 TTY for users who are deaf or hard of hearing). A student should present the letter to the professor at the beginning of the semester so that needed accommodations can be discussed and followed. The student should remind the professor of any testing accommodations no later than five business days before an exam. For more information, visit: <http://diversity.utexas.edu/disability/>.

PROFESSIONAL CONDUCT AND CIVILITY IN THE CLASSROOM. The professor expects students to act as professionals in class. This means students should arrive on time for class, be prepared to participate in the class discussion, and show respect for one another's opinions. A course brings together a group of diverse individuals with various backgrounds. Students are influenced and shaped by such factors as race, ethnicity, gender, sex, physical abilities, religious and political beliefs, national origins, and sexual orientations, among others. We expect to learn from each other in an atmosphere of positive engagement and mutual respect. This atmosphere includes working intentionally to recognize and dismantle racism, sexism, heterosexism, and ableism in the classroom. Social Work also deals with complex and controversial issues. These issues may be challenging and uncomfortable, and it would be impossible to offer a substantive classroom experience that did not include potentially difficult conversations relating to challenging issues. In this environment, we will be exposed to diverse ideas and opinions, and sometimes we will not agree with the ideas expressed by others.

Nevertheless, the professor requires that students engage one another with civility, respect, and professionalism.

UNANTICIPATED DISTRESS. Students may experience unexpected and/or distressing reactions to course readings, videos, conversations, and assignments. If so, students are encouraged to inform the professor. The professor can be responsive and supportive regarding students' participation in course assignments and activities, but students are responsible for communicating clearly what kind of support is desired. If counseling is needed, students may contact a service provider of their choosing, including the UT Counseling Center at 512-471-3515 or online at <https://cmhc.utexas.edu/>.

POLICY ON SOCIAL MEDIA AND PROFESSIONAL COMMUNICATION. Public social networks are not private. Even when open only to approved or invited members, users cannot be certain that privacy will exist among the general membership of sites. If social work students choose to participate in such forums, please assume that anything posted can be seen, read, and critiqued. What is said, posted, linked to, commented on, uploaded, subscribed to, etc., can be accessed and archived, posing potential harm to professional reputations and prospective careers.

Social work students who use social media (e.g. Facebook, Twitter, Instagram) and other forms of electronic communication (e.g. blogs) must be mindful of how their communication may be perceived by clients, colleagues, faculty, and others. Social work students are expected to make every effort to minimize material which could be considered inappropriate for a professional social worker in training. Because of this, social work students are advised to manage security settings at their most private levels and avoid posting information/photos or using any language that could jeopardize their professional image.

Students are asked to consider the amount of personal information posted on these sites and are obliged to block any client access to involvement in the students' social networks. Client material should not be referred to in any form of electronic media, including *any* information that might lead to the identification of a client or compromise client confidentiality in *any* way. Additionally, students must critically evaluate any material that is posted regarding community agencies and professional relationships, as certain material could violate the standards set by the School of Social Work, the Texas Code of Conduct for Social Workers, and/or the NASW Code of Ethics.

Social work students should consider that they will be representing professional social work practice as well as The University of Texas at Austin School of Social Work program while in the classroom, the university community, and the broader area communities.

POLICY ON ACADEMIC INTEGRITY. Students who violate University rules on academic dishonesty are subject to disciplinary penalties, including the possibility of failure in the course and / or dismissal from the University. Since such dishonesty harms the individual, all students, and the integrity of the University, policies on academic dishonesty will be strictly enforced. For further information, please visit the Student Conduct and Academic Integrity website at: <http://deanofstudents.utexas.edu/conduct>.

USE OF COURSE MATERIALS. The materials used in this course, including, but not limited to exams, quizzes, and homework assignments, are copyright protected works. Any unauthorized

duplication of the course materials is a violation of federal law and may result in disciplinary action being taken against the student. Additionally, the sharing of course materials without the specific, express approval of the professor may be a violation of the University's Student Honor Code and an act of academic dishonesty, which could result in further disciplinary action. This sharing includes, among other things, uploading class materials to websites for the purpose of distributing those materials to other current or future students.

CLASSROOM CONFIDENTIALITY. Information shared in class about agencies, clients, and personal matters is considered confidential per the NASW Code of Ethics on educational supervision and is protected by regulations of the Family Educational Rights and Privacy Act (FERPA) as well. As such, sharing this information with individuals outside of the educational context is not permitted. Violations of confidentiality could result in actions taken according to the policies and procedure for review of academic performance located in sections 3.0, 3.1, and 3.2 of the Standards for Social Work Education.

UNIVERSITY ELECTRONIC MAIL STUDENT NOTIFICATION. Electronic mail (email), like postal mail, is a mechanism for official University communication to students. The University will exercise the right to send email communications to all students, and the University will expect that email communications will be received and read in a timely manner. Students can find UT Austin's policies and instructions for updating their e-mail address at <https://it.utexas.edu/policies/university-electronic-mail-student-notification-policy>.

RELIGIOUS HOLY DAYS. A student who misses classes or other required activities, including examinations, for the observance of a religious holy day should inform the instructor as far in advance of the absence as possible so that arrangements can be made to complete an assignment within a reasonable period after the absence. A reasonable accommodation does not include substantial modification to academic standards, or adjustments of requirements essential to any program of instruction. Students and instructors who have questions or concerns about academic accommodations for religious observance or religious beliefs may contact the [Office for Inclusion and Equity](#). The University does not maintain a list of religious holy days.

TITLE IX REPORTING. In accordance with Title IX of the Education Amendments of 1972, the University of Texas at Austin is committed to maintaining a learning environment that is free from discriminatory conduct on the basis of sex <https://titleix.utexas.edu/>. Faculty, field instructors, staff, and/or teaching assistants in their supervisory roles are mandated reporters of incidents of sex discrimination, sexual harassment, sexual violence, stalking, dating violence, or any other forms of sexual misconduct. Students who report such incidents will be informed of University resources. Incidents will be reported to the University's Title IX Coordinator. Further information, including student resources related to Title IX, may also be found at <https://titleix.utexas.edu/>.

CAMPUS CARRY POLICY. The University's policy on campus carry may be found here: <https://campuscarry.utexas.edu>.

SAFETY. As part of professional social work education, students may have assignments that involve working in agency settings and/or the community. As such, these assignments may present some risks. Sound choices and caution may lower risks inherent to the profession. It is

the student's responsibility to be aware of and adhere to policies and practices related to agency and/or community safety. Students should notify the professor regarding any safety concerns.

BEHAVIOR CONCERNS and COVID-19 ADVICE LINE (BCCAL). If students have concerns about their behavioral health, or if they are concerned about the behavioral health of someone else, students may use the Behavior Concerns and COVID-19 Advice Line to discuss by phone their concerns. This service is provided through a partnership between the Office of the Dean of Students, the Counseling and Mental Health Center (CMHC), the Employee Assistance Program (EAP), and The University of Texas Police Department (UTPD). Call 512-232-5050 or visit <https://safety.utexas.edu/behavior-concerns-advice-line>. The Behavior Concerns and COVID-19 Advice Line has been expanded to support The University of Texas at Austin community during the COVID-19 pandemic. By calling 512-232-5050 - Option 2 for COVID-19, students, faculty and staff can be assisted in English and Spanish with COVID-19 support.

EMERGENCY EVACUATION POLICY. Occupants of buildings on the UT Austin campus are required to evacuate and assemble outside when a fire alarm is activated or an announcement is made. Please be aware of the following policies regarding evacuation:

- Familiarize yourself with all exit doors in the classroom and the building. Remember that the nearest exit door may not be the one you used when entering the building.
- If you require assistance to evacuate, inform the professor in writing during the first week of class.
- In the event of an evacuation, follow the professor's instructions.
- Do not re-enter a building unless you are given instructions by the Austin Fire Department, the UT Austin Police Department, or the Fire Prevention Services office.

GRADING SCALE

94.0 and Above	A
90.0 to 93.999	A-
87.0 to 89.999	B+
84.0 to 86.999	B
80.0 to 83.999	B-
77.0 to 79.999	C+
74.0 to 76.999	C
70.0 to 73.999	C-
67.0 to 69.999	D+
64.0 to 66.999	D
60.0 to 63.999	D-
Below 60.0	F

IX. COURSE SCHEDULE

Course Schedule may be subject to change by Professor Simmons.

Date	Topic	Assignment Due	Readings
Mon 6/6	Course & Syllabus Review Secondary Trauma Compassion Fatigue, Self-Care, Countertransference		
June 8th	<u>Frameworks for Trauma</u> Trauma Informed Care Healing Centered Engagement Trauma Therapy		Van der Kolk, Part I: The Rediscovery of Trauma, p1-47 Healing Centered Engagement
Monday June 13	<u>Identifying Trauma</u> Types of Traumas Screeners & Assessments Interventions	Self-Care & Trauma Stewardship Reflection	VDK, Part II: Brain on Trauma, pgs. 48- 102 https://istss.org/clinical- resources/assessing-trauma/carts.aspx
June 15	Trauma Responses & Symptoms		VDK, Part III: The minds of Children pg103-169
Monday June 20	Collective Trauma Racial Trauma Historical Trauma Intergenerational Trauma		VDK, Part IV: The Imprint of Trauma, pg. 170-201
June 22	Components of Trauma Interventions		VDK, Part V: Chapters 13-15pgs 204- 262
Mo June 27	Components of Trauma Interventions	Collective Trauma Impact Paper	VDK, Part V: 16-18pgs 263-308
June 29th	Somatic Experiencing & Mindfulness Trauma Informed Yoga Guest Speaker		VDK, Part V: Chapters 19,20 pg 309- 336
Mon July 4th	NO CLASS		

July 6th	<i>Asynchronous Class:</i> Reading Reflections		Epilogue and the Appendix
Monday July 11th	Trust Based Relational Intervention Guest Speaker		Readings TBD
July 13th	EMDR <u>Guest Speaker</u>	Evidenced Based Intervention Paper OR TF-CBT Certification Completion Due	Shapiro: EMDR Article
Monday July 18th	Trauma Profile Presentations		No reading
July 20th	Trauma Profile Presentations		No Reading
Monday July 25th	TBD		

X. BIBLIOGRAPHY

Badenoch, B. (2008). *Being a brain-wise therapist: A practical guide to interpersonal neurobiology*. New York, NY: W. W. Norton & Company. [Also has a workbook for therapists.]

Badnock, B. (2018). *The heart of trauma: Healing the embodied brain in the context of relationships*. New York, NY: W.W. Norton & Company.

Bovin, M., Marx, B., & et. al. (2016). Psychometric properties of the PTSD Checklist for Diagnostic and Statistical Manual of Mental Disorders–Fifth Edition (PCL-5) in veterans. *Psychological Assessment*, 28(11), 1379-1391.

Courtois, C. A., & Ford, J. D. (2009). *Treating complex traumatic stress disorders: An evidence-based guide*. New York, NY: Guilford Press.

Geller, S., & Porges, S. (2014). Therapeutic Presence: Neurophysiological Mechanisms Mediating Feeling Safe in Therapeutic Relationships. *Journal of Psychotherapy Integration*, 24(3), 178–192.

Hanson, R. (2009). *Buddha’s brain: The practical neuroscience of happiness, love, & wisdom*. Oakland, CA: New Harbinger Publications.

MacLaren, C., & Freeman, A. (2006). Cognitive behavior therapy model and techniques. In Ronen, T., & Freeman, A. (Eds.), *Cognitive behavior therapy in clinical social work practice* (pp. 25-44). New York, NY: Springer.

Montgomery, A. (2013). *Neurobiology essentials for clinicians: What every therapist needs to know*. New York, NY: W. W. Norton & Company.

Osterman, J. E., & de Jong, J. T. (2014). Cultural issues and trauma. In Friedman, M. J., Keane, T. M., & Resick, P. A. (Eds.), *Handbook of PTSD* (pp. 425-446). New York, NY: Guilford Press.

Shapiro, F. (2014). *Eye movement desensitization and reprocessing: Basic principles, protocols, and procedures, 2nd edition*. New York, NY: Guilford Press.

Siegel, D. J. (2010). *The mindful therapist: A clinician's guide to mindsight and neural integration*. New York, NY: W. W. Norton & Company.

Talkovsky, A., & Lang, A. (2017). Meditation-based approaches in the treatment of PTSD. *PTSD Research Quarterly*, 28(2), 1-3.

Tantia, J. F. (2013). Mindfulness and dance/movement therapy for treating trauma. In Rappaport, L. (ed.), *Mindfulness and the arts therapies: Theory and practice*. London, UK: Jessica Kingsley Publishing.

Tervalon, M., & Murray-García, J. (1998). Cultural humility versus cultural competence: A critical distinction in defining physician training outcomes in multicultural education. *Journal of Health Care for the Poor and Underserved*, 9(2), 117-125.

van der Kolk, B. A. (2014). *The body keeps the score: Brain, mind, and body in the healing of trauma*. New York, NY: Viking.

van der kolk, B. A., et. al. (2013). Yoga as an adjunctive treatment for posttraumatic stress disorder: A randomized controlled trial. *Journal of Clinical Psychology*, 75(0), e1-e7.

Online resources about trauma:

1. National Center for PTSD: www.ptsd.va.gov
Created by the Veterans Administration (VA). A wealth of information and resources, especially for PTSD in vets but applicable to other populations too. Offers continuing education, some for free. Listing of evidence-based treatments, although somewhat limited. Citations for research papers.
2. The Professional Consultation Program: (866) 948-7880 or PTSDconsult@va.gov.
Very helpful program associated with the National Center for PTSD at the VA. Offers free phone or email consultations with experts in PTSD for anyone treating any veteran in any setting. This service is also extended in some cases of mass trauma such as natural disasters and mass shootings. Can ask questions or request a virtual consultation meeting.
3. National Child Trauma Stress Network: www.nctsn.org
A trauma-focused non-profit funded by several federal government departments. Good

source for working with trauma in children. Articles, training, a list of evidenced-practices, sections for parents and school personnel, and more.

4. Other places to find resources include federal agencies such as SAMHSA or the National Institute for Mental Health (NIMH), international groups such as the Red Cross and World Health Organization (WHO), and specialized groups such as Traumaweb, an evidence-based Israeli center for the study of trauma.
5. For information about specific therapeutic approaches, there are often international or national associations that give information specific to that approach. For example, the EMDRIA (EMDR International Association) is a good source for information about EMDR, and the Somatic Experiencing Trauma Institute has information about SE.

Recommended books about trauma:

Waking the tiger by Peter Levine

In an unspoken voice by Peter Levine

Somatic experiencing by Peter Levine

Trauma-proofing your kids by Peter Levine

The courage to heal (and workbook) by Laura Davis

A terrible thing happened (for children) by Holmes et al

Black & blue by Anna Quindlen

A general theory of love by Lewis, et al

My stroke of insight by Jill Bolte Taylor

Healing trauma by Dan Siegel & Marion Solomon

Mindsight by Dan Siegel

The developing mind by Dan Siegel

Brainstorm by Dan Siegel

The whole-brain child by Dan Siegel

Parenting from the inside out by Dan Siegel

Growing up again: Parenting ourselves, parenting our children by Clarke & Dawson

Wherever you go, there you are by Jonathon Kabat-Zinn

Meditation for beginners by Jack Kornfield

The new people making by Virginia Satir

Feeling good by David Burns

The dance of anger by Harriet Lerner

Daring greatly by Brene Brown

The gifts of imperfection by Brene Brown

The power of vulnerability by Brene Brown

Tiny beautiful things: Advice from love and life by Dear Sugar by Cheryl Strayed

Trauma competency: A clinician's guide by L. A. Curran

The body remembers: The psychophysiology of trauma and trauma treatment by B. Rothschild