



Recommended Reading

The Whole-Brain Child: 12 Proven Strategies to Nurture Your Child's Developing Mind

Dr Tina Payne Bryson & Dr. Daniel Siegel

The A-Z of Therapeutic Parenting: Strategies and Solutions

Sarah Naish

Therapeutic Parenting in a Nutshell: Positives and Pitfalls

Sarah Naish

No-Drama Discipline: The Bestselling Parenting Guide to Nurturing your Child's Developing Mind

Daniel J. Siegel MD & Tina Payne Bryson

Child Trauma Handbook: A Guide for Helping Trauma-Exposed Children and Adolescents

Ricky Greenwald

The Hero's Mask: Helping Children with Traumatic Stress: A Resource for Educators, Counsellors, Therapists, Parents and Caregivers

Richard Kagan

Working with Relational and Developmental Trauma in Children and Adolescents

Karen Treisman

Treating Traumatic Stress in Children and Adolescents: How to Foster Resilience through Attachment, Self-regulation, and Competency

Blaustein, M. E., & Kinniburgh, K. M.

Raising Parents: Attachment, Representation and Treatment

Patricia McKinsey Crittenden

The Polyvagal Theory in Therapy: Engaging the Rhythm of Regulation

Debs Dana.

Healing the Fragmented Selves of Trauma Survivors: Overcoming Internal Self-Alienation

Fisher, J.

Affect Regulation, Mentalization and the Development of the Self

Fonagy, P., Gergely, G., & Jurist, E. L.

Waking the Tiger: Healing Trauma, The Innate Capacity to Transform Overwhelming Experiences

Peter Levine

The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment

Babette Rothschild.

Trauma-informed Practices with Children and Adolescents

Steele, W., & Malchiodi, C. A.



The Body Keeps the Score

Van Der Kolk, B.

A Therapeutic Treasure Box for Working with Children and Adolescents with Developmental Trauma: Creative Techniques and Activities

Dr. Karen Treisman

Building the Bonds of Attachment: Awakening Love in Deeply Traumatized Children:

Daniel A. Hughes

The Boy Who Was Raised as a Dog (3rd Edition), And Other Stories from a Child Psychiatrist's Notebook: What Traumatized Children Can Teach Us About Loss, Love, and Healing

Bruce D. Perry & Maia Szalavitz

Raising a Secure Child: How Circle of Security Parenting Can Help you Nurture Your Child's Attachment, Emotional Resilience and Freedom to Explore

Kent Hoffman, Glen Cooper & Bert Powell

What Happened to You: Conversations on Trauma, Resilience and Healing

Bruce Perry and Oprah Winfrey

Trauma Through a Child's Eyes. Awakening the Ordinary Miracle of Healing – Infancy through Adolescence

Peter A. Levine & Maggie Kline

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