

Recommended Reading List

The Whole-Brain Child: 12 Proven Strategies to Nurture Your Child's Developing Mind by Dr Tina Payne Bryson & Dr. Daniel Siegel

The A-Z of Therapeutic Parenting: Strategies and Solutions by Sarah Naish

Therapeutic Parenting in a Nutshell: Positives and Pitfalls by Sarah Naish

No-Drama Discipline: The Bestselling Parenting Guide to Nurturing your Child's Developing Mind by Daniel J. Siegel MD & Tina Payne Bryson

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

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

Working with Relational and Developmental Trauma in Children and Adolescents by Karen Treisman

Treating Traumatic Stress in Children and Adolescents: How to Foster Resilience through Attachment, Self-regulation, and Competency by Blaustein, M. E., & Kinniburgh, K. M.

Raising Parents: Attachment, Representation and Treatment by Patricia McKinsey Crittenden

The Polyvagal Theory in Therapy: Engaging the Rhythm of Regulation by Debs Dana.

Healing the Fragmented Selves of Trauma Survivors: Overcoming Internal Self-Alienation by Fisher, J.

Affect Regulation, Mentalization and the Development of the Self by Fonagy, P., Gergely, G., & Jurist, E. L.

Waking the Tiger: Healing Trauma , the Innate Capacity to Transform Overwhelming Experiences by Peter Levine

The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment by Babette Rothschild.

Trauma-informed Practices with Children and Adolescents by Steele, W., & Malchiodi, C. A.

The Body Keeps the Score by Van Der Kolk, B.

A Therapeutic Treasure Box for Working with Children and Adolescents with Developmental Trauma: Creative Techniques and Activities by Dr. Karen Treisman

Building the Bonds of Attachment: Awakening Love in Deeply Traumatized Children:
by 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 by Bruce D. Perry & Maia Szalavitz

Raising a Secure Child: How Circle of Security Parenting Can Help you Nurture Your
Childs Attachment, Emotional Resilience and Freedom to Explore by Kent Hoffman, Glen
Cooper & Bert Powell

What Happened to You: Conversations on Trauma, Resilience and Healing by Bruce
Perry and Oprah Winfrey

Trauma Through a Child's Eyes. Awakening the Ordinary Miracle of Healing – Infancy
through Adolescence By Peter A. Levine & Maggie Kline

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reading list, please email your request to Liz@greenane.ie for approval.**

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