



Recommended Reading List

Treating traumatic stress in children and adolescents: How to foster resilience through attachment, self-regulation, and competency.

Blaustein, M. E., & Kinniburgh, K. M. (2018). Guilford Publications.

Deep brain learning: Pathways to potential with challenging youth.

Brendtro, L. K., Mitchell, M. L., & McCall, H. J. (2009). Starr Commonwealth-Circle of Courage.

Principles of trauma therapy: A guide to symptoms, evaluation, and treatment.

Briere, J., & Scott, C. (2012). Sage Publications.

Daring greatly: How the courage to be vulnerable transforms the way we live, love, parent, and lead.

Brown, B. (2015). Penguin.

Raising parents: Attachment, parenting and child safety.

Crittenden, P. M. (2013). Routledge.

Treating complex traumatic stress disorders: An evidence-based guide.

Courtois, C. A., & Ford, J. D. (Eds.). (2009). Guilford Press.

Treatment of Complex Trauma: A sequenced relationship based approach.

Courtois, C.A., & Ford, J. D (2015). Guildford Press.

The neuroscience of human relationships: Attachment and the developing social brain (Norton series on interpersonal neurobiology).

Cozolino, L. (2014). WW Norton & Company.

Why Therapy Works: Using Our Minds to Change Our Brains (Norton Series on Interpersonal Neurobiology).

Cozolino, L. (2015). WW Norton & Company.

The Polyvagal Theory in Therapy: Engaging the rhythm of regulation.

Dana, D. (2018). WW Norton & Company.

Healing the Fragmented Selves of Trauma Survivors: Overcoming internal self-alienation.

Fisher, J. (2017). Routledge.

Affect regulation, mentalization and the development of the self.

Fonagy, P., Gergely, G., & Jurist, E. L. (Eds.). (2018). Routledge.

The aftermath of violence—from domestic abuse to political terror.

Herman, J. L. (2015). Trauma and recovery: Hachette UK.



Brain-Based Parenting: The Neuroscience of Caregiving for Healthy Attachment (Norton Series on Interpersonal Neurobiology)

Hughes, D., & Baylin, J. (2012). WW Norton & Company.

Healing relational trauma with attachment- focused interventions: Dyadic developmental psychotherapy with children and families.

Hughes, D. A., Golding, K. S., & Hudson, J. (2019). WW Norton & Company.

The impact of early life trauma on health and disease: The hidden epidemic.

Lanius, R. A., Vermetten, E., & Pain, C. (2010). Cambridge University Press.

Waking the tiger: healing trauma : the innate capacity to transform overwhelming experiences.

Levine, P. A. (1997). Berkeley, Calif, North Atlantic Books.

Trauma and memory: Brain and body in a search for the living past: A practical guide for understanding and working with traumatic memory.

Levine, P. A. (2015). North Atlantic Books.

Ordinary magic: resilience processes in development.

Masten, A. S. (2001). American Psychologist, 56(3), 227-238.

Shame and pride: Affect, sex, and the birth of the self.

Nathanson, D. L. (1994). WW Norton & Company.

Sensorimotor psychotherapy: interventions for trauma and attachment (Norton series on interpersonal neurobiology).

Ogden, P., & Fisher, J. (2015). WW Norton & Company.

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.

Perry, B. D., & Szalavitz, M. (2017). Hachette UK.

The polyvagal theory: Neurophysiological foundations of emotions, attachment, communication, and self-regulation (Norton Series on Interpersonal Neurobiology)

Porges, S. W. (2011). WW Norton & Company.

The body remembers: The psychophysiology of trauma and trauma treatment .

Rothschild, B. (2000). WW Norton & Company.

Counselling Skills For Working with Trauma: Healing from sexual abuse, sexual violence and domestic abuse.

Sanderson, C. (2013). Jessica Kingsley Publishers.



Affect regulation and the origin of the self: The neurobiology of emotional development.

Schore, A. N. (2015). Routledge.

A Practical Guide to Complex PTSD: Compassionate strategies to begin healing from childhood.

Schwartz, A. (2020). Rockridge Press.

The Post Traumatic Growth Guidebook: Mind body tools to heal trauma, foster resilience and awaken potential.

Schwartz, A. (2020). PSEI Publishing.

The developing mind: How relationships and the brain interact to shape who we are.

Siegel, D. J. (2015b). Guilford Publications.

Pocket guide to interpersonal neurobiology: An integrative handbook of the mind (Norton Series on Interpersonal Neurobiology).

Siegel, D. J. (2012). WW Norton & Company.

Attachment in Common Sense and Doodles: A Practical Guide.

Silver, M. (2013). Jessica Kingsley Publisher

Understanding disorganized attachment: Theory and practice for working with children and adults.

Shemmings, D., & Shemmings, Y. (2011). Jessica Kingsley Publishers.

Trauma-informed practices with children and adolescents.

Steele, W., & Malchiodi, C. A. (2012). Taylor & Francis

The Body Keeps the Score.

Van Der Kolk, B. (2015). UK: Penguin Random House.

If you wish to do your book review on a text that is not outlined on the recommended reading list, please email your request to liz@greenane.ie for approval.

Please include:

- Text Title
- Author
- Publisher
- Year of Publication