



Book List for Adults: Parents, Providers and Educators

Parenting

- **Parenting from the Inside Out:** Daniel J. Siegel, M.D. and Mary Hartzell, M.Ed.
In *Parenting from the Inside Out*, child psychiatrist Daniel J. Siegel, M.D., and early childhood expert Mary Hartzell, M.Ed., explore the extent to which our childhood experiences shape the way we parent. Drawing on stunning new findings in neurobiology and attachment research, they explain how interpersonal relationships directly impact the development of the brain and offer parents a step-by-step approach to forming a deeper understanding of their own life stories, which will help them raise compassionate and resilient children.
- **The Whole Brain Child:** Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D.
In this pioneering, practical book, Daniel J. Siegel, neuropsychiatrist and parenting expert Tina Payne Bryson offer a revolutionary approach to child rearing with twelve key strategies that foster healthy brain development, leading to calmer, happier children. The authors explain—and make accessible—the new science of how a child’s brain is wired and how it matures. The “upstairs brain,” which makes decisions and balances emotions, is under construction until the mid-twenties. And especially in young children, the right brain and its emotions tend to rule over the logic of the left brain. No wonder kids throw tantrums, fight, or sulk in silence. By applying these discoveries to everyday parenting, you can turn any outburst, argument, or fear into a chance to integrate your child’s brain and foster vital growth.
- **The Whole Brain Child Workbook:** Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D.
The Whole-Brain Child Workbook has a unique, interactive approach that allows readers not only to think more deeply about how the ideas fit their own parenting approach, but also develop specific and practical ways to implement the concepts -- and bring them to life for themselves and for their children.

-Dozens of clear, practical and age-specific exercises and activities.
-Applications for clinicians, parents, educators, grandparents and care-givers!
- **Brainstorm: The Teenage Brain from the Inside Out** by Daniel J. Siegel, M.D.
<https://www.youtube.com/watch?v=0O1u5OEc5eY>
Between the ages of 12 and 24, the brain changes in important and often maddening ways. It's no wonder that many parents approach their child's adolescence with fear and trepidation. According to renowned neuropsychiatrist Daniel Siegel, however, if parents and teens can work together to form a deeper understanding of the brain science behind all the tumult, they will be able to turn conflict into connection and form a deeper understanding of one another. In



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Brainstorm, Siegel illuminates how brain development affects teenagers' behavior and relationships. Drawing on important new research in the field of interpersonal neurobiology, he explores exciting ways in which understanding how the teenage brain functions can help parents make what is in fact an incredibly positive period of growth, change, and experimentation in their children's lives less lonely and distressing on both sides of the generational divide.

- **Out of Sync Child: Recognizing and Coping with Sensory Processing Disorder and The Out-of-Sync Child Has Fun: Activities for Kids with Sensory Processing Disorder** by Carol Stock Kranowitz, M.A.

The first accessible guide to examine Sensory Processing Disorder, **The Out-of-Sync Child** touched the hearts and lives of thousands of families. Carol Stock Kranowitz continues her significant work with this companion volume, which presents more than one hundred playful activities specially designed for kids with SPD. Each activity in this inspiring and practical book is SAFE—Sensory-motor, Appropriate, Fun and Easy—to help develop and organize a child's brain and body. Whether your child faces challenges with touch, balance, movement, body position, vision, hearing, smell, and taste, motor planning, or other sensory problems, this book presents lively and engaging ways to bring fun and play to everyday situations.

- **Highly Sensitive Child: Elaine Aron**

Rooted in Aron's years of experience as a psychotherapist and her original research on child temperament, *The Highly Sensitive Child* shows how HSCs are born deeply reflective, sensitive to the subtle, and easily overwhelmed. These qualities can make for smart, conscientious, creative children, but with the wrong parenting or schooling, they can become unusually shy or timid, or begin acting out. Few parents and teachers understand where this behavior comes from—and as a result, HSCs are often mislabeled as overly inhibited, fearful, or “fussy,” or classified as “problem children” (and in some cases, misdiagnosed with disorders such as Attention Deficit Disorder). But raised with proper understanding and care, HSCs are no more prone to these problems than nonsensitive children and can grow up to be happy, healthy, well-adjusted adults.

- **No Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child** by Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D.

The authors explain how to reach your child, redirect emotions, and turn a meltdown into an opportunity for growth. By doing so, the cycle of negative behavior (and punishment) is essentially brought to a halt, as problem solving becomes a win/win situation. Inside this sanity-saving guide you'll discover



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- strategies that help parents identify their own discipline philosophy—and master the best methods to communicate the lessons they are trying to impart
- facts on child brain development—and what kind of discipline is most appropriate and constructive at all ages and stages
- the way to calmly and lovingly connect with a child—no matter how extreme the behavior—while still setting clear and consistent limits
- tips for navigating your child through a tantrum to achieve insight, empathy, and repair
- twenty discipline mistakes even the best parents make—and how to stay focused on the principles of whole-brain parenting and discipline techniques

Adult's Impacted by Trauma

- **Healing Developmental Trauma: Lawrence Heller, Ph.D. and Aline LaPierre Psy.D**

Written for those working to heal developmental trauma and seeking new tools for self-awareness and growth, this book focuses on conflicts surrounding the capacity for connection. Explaining that an impaired capacity for connection to self and to others and the ensuing diminished aliveness are the hidden dimensions that underlie most psychological and many physiological problems, clinicians Laurence Heller and Aline LaPierre introduce the NeuroAffective Relational Model® (NARM), a unified approach to developmental, attachment, and shock trauma that, while not ignoring a person's past, emphasizes working in the present moment. NARM is a somatically based psychotherapy that helps bring into awareness the parts of self that are disorganized and dysfunctional without making the regressed, dysfunctional elements the primary theme of the therapy. It emphasizes a person's strengths, capacities, resources, and resiliency and is a powerful tool for working with both nervous system regulation and distortions of identity such as low self-esteem, shame, and chronic self-judgment.

- **The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel van der Kolk, M.D.**
Trauma is a fact of life. Veterans and their families deal with the painful aftermath of combat; one in five Americans has been molested; one in four grew up with alcoholics; one in three couples have engaged in physical violence. Dr. Bessel van der Kolk, one of the world's foremost experts on trauma, has spent over three decades working with survivors. In *The Body Keeps the Score*, he uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments—from neurofeedback and meditation to sports, drama, and yoga—that offer new paths to recovery by activating the brain's natural neuroplasticity.



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- **The Myth of Normal by Gabor Mate**
Much of the book addresses the way trauma manifests in the individual, but the larger thesis is about our toxic culture and how this shows up in our bodies and minds. He also flips trauma on its head, arguing that it's not necessarily about big events that we might typically recognize as traumatic, like physical abuse. As he writes, "Children, especially highly sensitive children, can be wounded in multiple ways: by bad things happening, yes, but also by good things not happening, such as their emotional needs for attunement not being met, or the experience of not being seen and accepted, even by loving parents. Trauma of this kind does not require overt distress or misfortune of the sort mentioned above and can also lead to the pain of disconnection from the self, occurring as a result of core needs not being satisfied." Ultimately, this book is a deeply loving masterclass of what it is to be alive, offering hope for those who need to heal but don't know precisely from *what*.
- **What Happened to You by Dr. Bruce Perry and Oprah Winfrey**
As the title of Oprah and Bruce Perry's book suggests, when we're curious about someone else's problematic behavior (or, if we're honest, our own), the best question is not *Why would you do that?*, it's *What happened to you?* Trauma—typically the most insidious version, the wounds from early childhood—emerges throughout our lives in actions and reactions that are far from ideal. And often, we can't control these actions or reactions, taking them as the truth of who we really are. This beautiful treatise is different from other books on trauma because it's rendered as conversations between Oprah and Perry, offering insight to readers on how they, too, can begin to probe their pasts for hints about how they've been conditioned by trauma. It also offers a healing path for peeling back those layers of problematic programming in order to reveal a truer version of yourself to the world.
- **My Grandmother's Hands by Resmaa Menakem**
Long before the United States was ready to engage in a conversation about racial trauma, therapist Resmaa Menakem made it the center of his practice, working with Black Americans, white Americans, and law enforcement to plumb its depths. Menakem focuses on how the legacy of racism—and its current iterations—shows up in our bodies, and how it then concretizes as both personality and culture. As he writes in *My Grandmother's Hands*, "However, the attempt to reenact the event often simply repeats, re-inflicts, and deepens the trauma. When this happens repeatedly over time, the trauma response can look like part of the person's personality. As years and decades pass, reflexive traumatic responses can lose context. A person may forget that something happened to him or her—and then internalize the trauma responses. These responses are typically viewed by others, and often by the person, as a



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personality defect. When this same strategy gets internalized and passed down over generations within a particular group, it can start to look like culture. Therapists call this a *traumatic retention*.” Menakem’s book is an urgent guide for beginning to identify and unwind these patterns, and it also offers essential language, like the difference between clean and dirty pain (the former provides growth, while the latter is typically projected onto our people), along with somatic tools, like steps for identifying what you’re feeling, soothing without repressing, and then discharging your emotions without harming yourself or others.

Supporting Young Children (Ages 0-8) Who Have Experienced Trauma

- Trauma-Informed Practices for Early Childhood Educators: Relationship-Based Approaches that Support Healing and Build Resilience in Young Children Edition 2: Nicholson, J., Perez, L., & Kurtz, J., Bryant, S., Giles, D.,
- Culturally Responsive Self-Care for Early Childhood Educators: Nicholson, Shimpi Driscoll, Kurtz, Márquez and Wesley.
- Trauma-Responsive Practices for Early Childhood Leaders: Creating and Sustaining Healing Engaged Organizations: Nicholson, J., Leland, J., Kurtz, J., Wesley, L. & Nativ, S.
- Trauma-Responsive Family Engagement in Early Childhood: Practices for Equity and Resilience: Nicholson, J., Kurtz, J.
- Supporting Young Children to Cope, Build Resilience and Heal from Trauma through Play: A Practical Guide for Early Childhood Educators: Nicholson, J., Kurtz, J. with Lafeshia Edwards, Jonathan Iris-Wilbanks, Samantha Watson-Alvarado, Maja Jevgiovikj and Valentina Torres

Supporting Children (Ages 0-18) Who Have Experienced Trauma

- Reducing Stress in Schools: Restoring Connection and Community: (Harvard Education Press) Mathew Portell, Tyisha Noise, Ingrid Cockhren, Julie Kurtz, Julie Nicholson
Provides teachers and administrators working with students preK-12th grade with a range of accessible, actionable, evidence-based practices they can use *right away* to reduce stress and support regulation and learning in their classrooms and schools. Drawing upon research on the neurobiology of stress, trauma, and resilience as well as trauma-informed practices and cultural neuroscience, we



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introduce educators to strategies they can use to regulate their own and their students' nervous systems; allowing adults and students to have access to their cortex instead of being hijacked by their hindbrain's survival state. We take a two-pronged approach that emphasizes both individual and organizational-level changes to reduce stress in school.

- **Trauma Through a Child's Eyes: Awakening the Ordinary Miracle of Healing** by Peter A. Levine, Ph.D. and Maggie Kline
An essential guide for recognizing, preventing, and healing childhood trauma, from infancy through adolescence—what parents, educators, and health professionals can do. Trauma can result not only from catastrophic events such as abuse, violence, or loss of loved ones, but from natural disasters and everyday incidents like auto accidents, medical procedures, divorce, or even falling off a bicycle. At the core of this book is the understanding of how trauma is imprinted on the body, brain, and spirit—often resulting in anxiety, nightmares, depression, physical illnesses, addictions, hyperactivity, and aggression. Rich with case studies and hands-on activities, *Trauma Through a Child's Eyes* gives insight into children's innate ability to rebound with the appropriate support and provides their caregivers with tools to overcome and prevent trauma.
- <https://revelationsineducation.com/>
- www.optimalbrainintegration.com
- Trauma Informed Educators Network Podcast

Grief and Loss

Website Resources:

<https://healgrief.org/grieving-the-death-of-a-child/>

<https://www.verywellhealth.com/grieving-loss-of-child-5220740#toc-grief-journey-after-losing-a-child>

<https://justenduring.org/resources-for-bereaved-parents/>

Books:

<https://justenduring.org/books-on-child-loss/>

https://www.amazon.com/The-Death-Of-Child-Reflections/dp/0879462604/ref=sr_1_8?s=books&ie=UTF8&qid=1336147502&sr=1-8



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Podcasts:

<https://www.dougy.org/news-media/podcasts>

Find a Support Group Near You:

<https://www.dougy.org/program-finder>

<https://www.compassionatefriends.org/>

Articles:

<https://www.uclahealth.org/sites/default/files/documents/Coping-With-Grief-When-Your-Child-Dies.pdf?f=a608f61f>

**Suggestions or Questions? Send them to us at
optimalbrainintegration@gmail.com**