Recommended reading from the conference speakers:

- **The Boy Who Was Raised as a Dog** by Bruce Perry
- **Born for Love** by Bruce Perry
- The whole brained child by Daniel J. Siege
- **Holding Fast** by William A. Kahn
- **Creating Safety in Practice: How the Right Tools Can Speed Healing and Reduce Symptoms for Even the Most Traumatized Clients** by Peter Levine, PhD
- **The Neurobiology of Trauma - What Is Happening in the Brain of Someone With Unresolved Trauma** by Ruth Lanius, MD, PhD
- **The Power of EMDR to Treat Trauma: Identifying, Reprocessing, and Integrating Traumatic Memories** by Francine Shapiro, PhD
- **How Expanding Our Perspective on Trauma Can Improve Diagnoses, Increase Effectiveness, and Lead to New Treatment Strategies** by Bessel van der Kolk, MD
- **The Body Keeps The Score: Brain, Mind, and Body in the Healing of Trauma** by Bessel van der Kolk
- **Beyond the Brain: How the Vagal System Holds the Secret to Treating Trauma** by Stephen Porges, PhD
- **Building the Body's Resources: Why Focusing on the Present Moment Can Help Us Heal Trauma** by Pat Ogden, PhD
- **Tiring Trauma Out: How to Activate the Body's Natural Defense Mechanisms Against Trauma** by David Berceli, PhD
- **Finding Meaningful Change After Trauma: The Unique Strengths of the Affect-Based Approach** by Diana Fosha, PhD
- **An Unexpected Culprit: How the Body's Incomplete Response to Trauma Can Aggravate Symptoms** by Robert Scaer, MD
- **Trauma Informed Toolkit from Manitoba**
- **Why Zebras don’t get ulcers** by Robert Sapolsky

See next page for suggested resources from Nancy Poole.
The following includes a selection of treatment related resources and curricula. Some are focused solely on trauma-informed practices and others incorporate elements of both trauma-informed and trauma-specific approaches.

**A Focus on Relationships – The Mother-Child Study**
This report on the Mother-Child Study documents the work of the Breaking the Cycle program in Toronto in supporting pregnant women and mothers who are substance-involved and their young children. It describes the benefits of using developmental, attachment, trauma and relational theories, as foundations to such programming. The BTC program sees their work as working with mothers, with children and with the relationship between mothers and children. [http://www.mothercraft.ca/index.php?q=breaking-the-cycle-evaluation](http://www.mothercraft.ca/index.php?q=breaking-the-cycle-evaluation)

**Becoming Trauma-Informed**
Published by the Centre for Addiction and Mental Health in Ontario, this book offers examples of the ways in which practitioners have applied principles of trauma-informed practice in their work with diverse populations and in diverse settings within the MHSU field. [http://knowledgex.camh.net/amhspecialists/specialized_treatment/trauma_treatment/Documents/becoming_trauma_informed.pdf](http://knowledgex.camh.net/amhspecialists/specialized_treatment/trauma_treatment/Documents/becoming_trauma_informed.pdf)

**Beyond Trauma: A Healing Journey for Women**
Created by Dr. Stephanie Covington, this trauma treatment manual makes the connection between women’s experiences of trauma and their substance use. It can be used in a variety of settings, including residential and outpatient treatment settings, mental health programs, and criminal justice settings. [www.stephaniecovington.com/b_beyond.php](http://www.stephaniecovington.com/b_beyond.php)

**Creating trauma-informed child welfare systems: A guide for administrators (2nd ed).**
Chadwick Trauma-Informed Systems Project. (2013) strives to support the evolution of public child welfare agencies into trauma-informed organizations – designed to support all agencies which impact children and families, including children’s mental health in becoming a multi-dimensional, trauma-informed, and evidence-based system better able to meet the unique needs of abused and trauma-exposed children. [www.lacdcfs.org/katieA/docs/Trauma_Informed_CW_Systems_Guide.pdf](http://www.lacdcfs.org/katieA/docs/Trauma_Informed_CW_Systems_Guide.pdf)

**Decolonizing Trauma Work: Indigenous Stories and Strategies**

**Developing Trauma Informed Organizations: A Tool Kit**
The Tool Kit is designed to help organizations improve the quality of services offered by integrating an understanding of the impact of trauma and violence into the organization’s policies, procedures, and interactions with those being served. It includes the principles for trauma-informed treatment, a self-assessment for provider organizations, an organizational assessment and ideas for using assessments to provide trauma-informed, integrated care. [http://www.healthrecovery.org/services_and_products/products/detailTrue.asp?ProductID=30](http://www.healthrecovery.org/services_and_products/products/detailTrue.asp?ProductID=30)
Freedom from Violence: Tools for working with Trauma, Mental Health and Substance Use
Developed by the Ending Violence Association of BC, this comprehensive toolkit offers specific, practical trauma-informed strategies for working with women who have substance use and mental health concerns. Strategies for discussing substance use, mental health concerns and for safety planning are included.
www.endingviolence.org/node/459

Handbook on Sensitive Practice for Health Care Practitioner: Lessons from Adult Survivors of Childhood Sexual Abuse
Published by the Public Health Agency of Canada, the handbook presents information designed to help health care practitioners practice in a way that is sensitive to the needs of adult survivors of childhood sexual abuse and other types of interpersonal violence.
www.phac-aspc.gc.ca/ncfv-cnivf/pdfs/nfntsx-handbook_e.pdf

Helping Men Recover: A Program for Treating Addiction
This resource, developed by Dr. Stephanie Covington, describes a trauma-informed treatment program for men, making the links between substance use and trauma. There is also a version for women.
www.stephaniecovington.com/b_helping_men.php

The Long Journey Home is intended to serve as a guide to agencies looking for practical ideas about how to create trauma-informed environments. Co-authored by Laura Prescott of Sister Witness, International and Phoebe Soares, Kristina Konnath and Ellen Bassuk, MD of the US National Center on Family Homelessness
www.homeless.samhsa.gov

Native American Motivational Interviewing: Weaving Native American and Western Practices
This practice manual, developed by Kamilla Venner and colleagues in New Mexico, is a cultural adaptation of a motivational interviewing approach. Although the connection with trauma is not explicit, practitioners will notice how the overall approach aligns with trauma-informed practices.
http://casaa.unm.edu/mimanuals.html

Non-Traditional Parenting Interventions
This document offers two alternative parenting curricula designed by the Community Connections group based in Washington, DC. The Impact of Early Trauma on Parenting Roles helps women explore the impact of their trauma history on their parenting. Parenting at a Distance (10 sessions) is for women who are not primary caregivers to their children.
http://www.cavershambooksellers.com/search/X81802 or
http://www.communityconnectionsdc.org/web/page/617/interior.html

Seeking Safety
Created by Lisa Najavits, Seeking Safety is a widely used curriculum for Stage I trauma support. There are 25 topics that can be presented individually and in any order. The focus is on creating safety and recognizing the connection between substance use and trauma. It has been used in a variety of settings and with both men and women, as well as with youth.
http://www.seekingsafety.org/
Trauma informed Practice Guide
This Guide was developed on behalf of the BC Provincial Mental Health and Substance Use Planning Council in consultation with researchers, practitioners and health system planners across BC. The TIP Guide and Organizational Checklist support the translation of trauma-informed principles into practice. Included are concrete strategies to guide the professional work of practitioners assisting clients with mental health and substance use concerns. [www.bcccewh.bc.ca/publications-resources/default.htm](http://www.bcccewh.bc.ca/publications-resources/default.htm)

TIP 57: Trauma-Informed Care in Behavioral Health Services

Concept of Trauma and Guidance for a Trauma Informed Approach
Introduces a concept of trauma and offers a framework for how an organization, system, service sector can become trauma-informed. Includes a definition of trauma (the three “E’s”), a definition of a trauma-informed approach (the four “R’s”), 6 key principles, and 10 implementation domains. [http://store.samhsa.gov/product/SAMHSA-s-Concept-of-Trauma-and-Guidance-for-a-Trauma-Informed-Approach/SMA14-4884](http://store.samhsa.gov/product/SAMHSA-s-Concept-of-Trauma-and-Guidance-for-a-Trauma-Informed-Approach/SMA14-4884)

Trauma Matters
Guidelines developed by the Jean Tweed Centre, in consultation with service providers, experts, and women with lived experience from across Ontario, to support organizations that provide substance use treatment services for women. Designed to aid in understanding the interconnections of trauma and substance use, and provide better care for substance-involved women who have experienced trauma. [http://traumaandsubstanceabuse.files.wordpress.com/2013/03/trauma-matters-final.pdf](http://traumaandsubstanceabuse.files.wordpress.com/2013/03/trauma-matters-final.pdf)

The Trauma Toolkit (1st and 2nd Edition)
Developed by Klinic Community Health Centre in Winnipeg, MB, this resource offers general guidelines for trauma-informed practice to assist service providers and agencies to increase their capacity in delivering trauma-informed services. The 2nd Edition is in press [www.trauma-informed.ca/](http://www.trauma-informed.ca/)

Trauma Recovery and Empowerment Model (TREM)
Offered by Community Connections in Washington DC, the TREM curriculum consists of 29 sessions focusing on empowerment, education about trauma, and building coping skills. There are versions for working with women, men, and youth. [www.communityconnectionsdc.org/web/page/657/interior.html](http://www.communityconnectionsdc.org/web/page/657/interior.html)

You are not alone: Violence, Substance Use and Mental Health—A peer approach to increasing your safety
Created by the Ending Violence Association of BC, this resource is for peer helpers and service providers to assist in discussions about relationship violence and sexual assault among women who may also have MHSU issues. [www.endingviolence.org/files/uploads/PAVEWorkbook.pdf](http://www.endingviolence.org/files/uploads/PAVEWorkbook.pdf)