

Curious about Violence Prevention? Want to Learn More? Resources and References to Help You Become Trauma-Informed

Here is a list of some resources applicable to addressing trauma in healthcare and how trauma affects our patients. This list has many great websites, books, and articles, all of which are great places to get started in your exploration of the science behind trauma and the practice of trauma-informed care and violence prevention. There is also a second list with references recommended by individual speakers, if you want to explore a specific topic addressed in a talk. Of course, this list is not comprehensive and there are multitudes of resources out there - we wish you the best in your educational and professional journey and are grateful for your interest in making the world both a safer and more resilient place!

Online Resources (alphabetical order):

American Academy of Pediatrics has developed a toolkit to guide the implementation of trauma-informed care in the pediatric primary care practice (and is relevant to all healthcare settings):

<https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/healthy-foster-care-america/Pages/Trauma-Guide.aspx>

American Public Health Association has a webinar series on the impact of racism on health and our society at: <https://www.apha.org/events-and-meetings/webinars/racism-and-health>

ACES Too High is a website devoted to sharing national and international information about ACES, trauma and innovative community solutions to preventing and ameliorating ACES: www.cestoohigh.com

Adolescent Working Group Toolkit on Trauma and Resilience for Adolescent Providers:

<https://rodriguezgsarah.files.wordpress.com/2013/05/traumaresbooklet-web.pdf>

Centers for Disease Control online course on violence prevention:

<http://vetoviolence.cdc.gov/apps/pop/prevention-main.html>

The Centers for Disease Control has extensive information, resources and numerous violence prevention projects described at: <http://www.cdc.gov/ViolencePrevention/index.html>

Child Trauma Academy has online courses and videos about treating children affected by trauma:

<http://childtrauma.org/>

Futures without Violence has comprehensive information on violence and trauma and prevention efforts worldwide. Also, see the Futures without Violence toolkit for healthcare practice below:

www.futureswithoutviolence.org

Greater Good Science Center has information and resources on the psychology, sociology, and neuroscience of well-being and skills-based training in mindfulness and other practices that promote resiliency and compassion. <http://greatergood.berkeley.edu/>

Harvard Center for the Developing Child has online resources about science, programs and policies related to childhood adversity. <http://developingchild.harvard.edu/>

Harvard Center for the Developing Child also has videos to explain core concepts in development and their disruption by trauma: <http://developingchild.harvard.edu/index.php/resources/multimedia/#videos>

Health Cares About Intimate Partner Violence (IPV) online resource center has information and tools on addressing IPV in healthcare settings: <http://www.healthcaresaboutipv.org/>

International Society for Traumatic Stress Studies has resources on assessing and treating trauma including online courses and extensive book lists: <http://www.istss.org/>

Look to End Abuse Permanently (LEAP) has information and tools about addressing IPV in healthcare settings and a brief vicarious traumatization training unit: www.leapsf.org

National Center on Domestic Violence, Trauma & Mental Health has webinars, resources and information on trauma-informed responses to domestic violence and other lifetime trauma: <http://www.nationalcenterdvtraumamh.org/>

National Center for PTSD site has numerous helpful resources on understanding and treating PTSD (see "For Professionals" section): <http://www.ptsd.va.gov/>

National Center for PTSD has many videos about PTSD, and treatment for PTSD: <http://www.ptsd.va.gov/professional/materials/videos/index.asp>

National Child Traumatic Stress Network has extensive information and resources on trauma and children and families: <http://nctsn.org/>

NREPP: National Registry of Evidence-based Programs and Practices has a searchable database for evidence-based substance use and mental health interventions. Search on trauma to find treatments that have been used to treat trauma: <http://www.nrepp.samhsa.gov/>

Prevention Institute provides information and resources on violence prevention and health equity and describes efforts to prevent youth violence at: <http://www.preventioninstitute.org/>

SAMHSA (Substance Abuse and Mental Health Services Administration) describes foundational principles of trauma informed systems and care at: <http://www.samhsa.gov/nctic/trauma-interventions>

San Francisco Trauma Informed Systems Initiative is described here: <http://www.leapsf.org/pdf/Trauma-Informed-Systems-Initiative-2014.pdf>

TED talk by Nadine Burke Harris on childhood trauma and its effects on health across the lifespan: http://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime?language=en

Articles:

Cronholm, P. F., et al. (2015). "Adverse Childhood Experiences: Expanding the Concept of Adversity." American Journal of Preventive Medicine **49**(3): 354-361.

Felitti, V., et al. (1998). "Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults: The Adverse Childhood Experiences (ACE) Study." American Journal of Preventive Medicine **14**(4): 245-258.

Kimberg, L. (2008). "Addressing Intimate Partner Violence with Male Patients: A Review and Introduction of Pilot Guidelines." J Gen Intern Med **23**(12): 2071-2078.

Machtiger, E. L., et al. (2015). "From Treatment to Healing: The Promise of Trauma-Informed Primary Care." Women's Health Issues **25**(3): 193-197.

Raja, S., et al. (2014). "Treating patients with traumatic life experiences: Providing trauma-informed care." The Journal of the American Dental Association **145**(3): 238-245.

Books:

Trauma and Recovery: The Aftermath of Violence--from Domestic Abuse to Political Terror by Judith Herman

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 by Bruce Perry and Maia Szalavitz

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel Van der Kolk

Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others by Laura Van Dernoot Lipsky with Connie Burk

Restoring Sanctuary: A New Operating System for Trauma-Informed Systems of Care by Sandra L. Bloom and Brian Farragher

Using Trauma Theory to Design Service Systems: New Directions for Mental Health Services, Number 89 by Maxine Harris and Roger D. Fallot

Treating Complex Traumatic Stress Disorders (Adults): Scientific Foundations and Therapeutic Models edited by Christine A. Courtois PhD and Julian D. Ford PhD

Building Resilience in Children and Teens: Giving Kids Roots and Wings by Kenneth R. Ginsburg

Transforming the Pain: A Workbook on Vicarious Traumatization by Karen W. Saakvitne and Laurie Anne Pearlman.

Additional focused resources recommended by our speakers over the years:

Sarah Metz

Herman, J. (1997). *Trauma and recovery: The aftermath of violence-from domestic abuse to political terror*. BasicBooks: New York.

Clark, C., Classen, C., Fourt, A., & Shetty, M. (2015). *Treating the trauma survivor: An essential guide to trauma-informed care*. Routledge: New York.

Susan Meffert

Karlijn F. Kuijpers, Leontien M. van der Knaap, Ilse A. J. Lodewijks. "Victims' influence on intimate partner violence revictimization: a systematic review of prospective evidence." *Trauma Violence Abuse*. 2011 Oct; 12(4): 198–219.

Karlijn F. Kuijpers, Leontien M. van der Knaap, Frans Willem Winkel. "PTSD symptoms as risk factors for intimate partner violence revictimization and the mediating role of victims' violent behavior." *J Trauma Stress*. 2012 Apr; 25(2): 179–186.

Johnson, Dawn M., Caron Zlotnick, and Sara Perez. "Cognitive-Behavioral Treatment of PTSD in Residents of Battered Women Shelters: Results of a Randomized Clinical Trial." *Journal of consulting and clinical psychology* 79.4 (2011): 542–551. *PMC*.

Edward Machtinger: Trauma-Informed Care

Machtinger, et al (2015). "From Treatment to Healing: The Promise of Trauma-informed Primary Care." *Women's Health Issues* 25 (3): 193–197.

[http://www.whijournal.com/article/S1049-3867\(15\)00033-X/abstract](http://www.whijournal.com/article/S1049-3867(15)00033-X/abstract)

Commonwealth Fund Publication, "Transforming Care" Q&A with Dr. Machtinger:

<http://www.commonwealthfund.org/publications/newsletters/transforming-care/2016/june/q-and-a>

Rhodessa Jones:

"For Colored Girls Who Have Considered Suicide.." by Ntozake Shange
The Vagina Monologues by Eve Ensler
Lemonade, music album by Beyonce

Omoredre "Rico" Hamilton: Violence in Underserved Communities

The New Jim Crow : Mass Incarceration in the Age of Colorblindness by Michelle Alexander
Post Traumatic Slave Syndrome by Dr. Joy DeGruy

Commercial Sexual Exploitation of Children Resources (Tonya Chaffee + Minouche Kandel):

The Institute of Medicine and National Research Council (2013). *Confronting Commercial Sexual Exploitation and Sex Trafficking of Minors in the United States: A Guide for the Health Care Sector*: <http://www.nationalacademies.org/hmd/~media/Files/Resources/SexTrafficking/guideforhealthcaresector.pdf>

Jordan Greenbaum, James E. Crawford-Jakubiak, Committee on Child Abuse and Neglect (2015). "Child Sex Trafficking and Commercial Sexual Exploitation: Health Care Needs of Victims." *Pediatrics* 135 (3) 566-574: <http://pediatrics.aappublications.org/content/135/3/566>

Orchid Pusey: IPV in LGBTQ Relationships:

Lesbian Couples: A Guide to Creating Healthy Relationships by D. Merilee Clunis PhD and G. Dorsey Green PhD

Pusey, Orchid, and Gita Mehrotra. "Movement Building Starts with Healthy Relationships." *The Revolution Starts at Home: Confronting Intimate Violence within Activist Communities*. Ed. Ching-In Chen, Jai Dulani, and Leah Lakshmi Piepzna-Samarasinha. New York: South End, 2011. 237-64. Print.

Video: Domestic Violence in Same-Sex Relationships

<https://www.youtube.com/watch?v=Gy9jLLD-fwc>

Pharmacist Perspective on IPV:

Barnard, Marie et al. "Community Pharmacists' Awareness of Intimate Partner Violence: An Exploratory Study." *Innovations in Pharmacy* 2013 4: 1-8

http://www.pharmacy.umn.edu/innovations/prod/groups/cop/@pub/@cop/@innov/documents/article/cop_article_430831.pdf

Racism and Trauma:

Arao, Brian and Kristi Clemons. "From Safe Spaces to Brave Spaces: A New Way to Frame Dialogue Around Diversity and Social Justice." 2013

https://sty.presswarehouse.com/sites/stylus/resrcs/chapters/1579229743_otherchap.pdf

Carter, Robert. "Racism and Psychological and Emotional Injury: Recognizing and Assessing Race-based Traumatic Stress." *The Counseling Psychologist* 2007 35: 13-105.

Hardy, Kenneth. "Healing the Hidden Wounds of Racial Trauma." 2013

http://sfgov.org/juvprobation/sites/sfgov.org.juvprobation/files/migrated/FileCenter/Documents/juvprobation/JPC_2014/Healing_the_Hidden_Wounds_of_Racial_Trauma.pdf

Leonardo, Zeus and Ronald K. Porter. "Pedagogy of fear: toward a Fanonian theory of 'safety' in race dialogue." *Race Ethnicity and Education* 2010 13: 139-157.

Trauma and Incarcerated Populations:

Dreams from the Monster Factory by Sunny Schwartz

Sexual Assault in the Military:

Department of Defense Annual Report on Sexual Assault in the Military, 2014.

<http://sapr.mil/index.php/annual-reports>

Department of Veterans Affairs. "Women Veterans: The Long Journey Home."
<http://www.dav.org/women-veterans-study/>