

## **Book Recommendations by Subject**

*(Within each subject, the books are ordered by personal preference and ease of reading)*

### **General books on trauma and trauma treatment**

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

van der Hart, O., Nijenhuis, R.S. & Steele, K. (2006). *The haunted self: Structural dissociation and the treatment of chronic traumatization*. New York: W. W. Norton & Company, Inc.

Courtois, C.A. & Ford, J.D. (Eds.), (2009). *Treating complex traumatic disorders: An evidence-based guide*. New York: The Guilford Press.

### **Body-oriented psychotherapeutic approaches to trauma treatment**

Levine, P.A. & Frederick, A. (1997). *Waking the tiger-Healing trauma: The innate capacity to transform overwhelming experiences*. Berkeley, CA: North Atlantic Books.

Levine, P. A. (2010). *In an unspoken voice: How the body releases trauma and restores goodness*. Berkeley, CA: North Atlantic Books.

Heller, D. & Heller, L. S. (2001). *Crash course: A self-healing guide to auto accident trauma and recovery*. Berkeley, CA: North Atlantic Books.

Minton, K., Ogden, P., & Pain, C. (2006). *Trauma and the body: A sensorimotor approach to psychotherapy*. New York: W. W. Norton & Company, Inc.

Rothschild, B. (2000). *The body remembers: The psychophysiology of trauma and trauma treatment*. New York: W. W. Norton & Company, Inc.

Scaer, R. C. (2005). *The trauma spectrum: Hidden wounds and human resiliency*. New York: W. W. Norton & Company, Inc.

Ross, G. (2003). *Beyond the trauma vortex: The media's role in healing fear, terror, and violence*. Berkeley, CA: North Atlantic Books & Los Angeles: International Trauma-Healing Institute.

### **Body-oriented psychotherapy approaches to treating trauma in children**

Levine, P. & Kline, M. (2007). *Trauma through a child's eyes: Awakening the ordinary miracle of healing*. Berkeley, CA: North Atlantic Books & Lyons, Colorado: Ergos Institute Press.

Levine, P. & Kline, M. (2008). *Trauma-proofing your kids: A parent's guide for instilling confidence, joy, and resilience*. Berkeley, CA: North Atlantic Books & Lyons, Colorado: Ergos Institute Press

Rothenberg, M. (2002). *Children with emerald eyes: Histories of extraordinary boys & girls*. Berkeley, CA: North Atlantic Books & Lyons, Co: The Ergos Institute.

### **Books on the neurophysiology of stress and trauma**

Ledoux, J. (1996). *The emotional brain: The mysterious underpinnings of emotional life*. New York: Touchtone (Simon & Schuster, Inc.).

Selye, Hans (1976). *The stress of life*. McGraw-Hill, New York. NY.

Scaer, R. C. (2007). *The body bears the burden: Trauma, dissociation, and disease*. Binghamton, NY: The Haworth Medical Press.

van der Kolk, B.A., McFarlane, A.C., Weisaeth, L. (Eds.), (1996). *Traumatic stress: The effect of overwhelming experience on mind, body, and society*. New York: The Guilford Press.

Sapolsky, R. M. (2004). *Why Zebra's don't get ulcers*. New York: Holt Paperbacks.

### **Books on the neurophysiology of emotions**

Ledoux, J. (1996). *The emotional brain: The mysterious underpinnings of emotional life*. New York: Touchtone (Simon & Schuster, Inc.).

Damasio, A. (1994). *Descartes' error: Emotion, reason, and the human brain*. New York: Penguin Books.

Damasio, A. (2003). *Looking for Spinoza: Joy, sorrow, and the feeling brain*. Orlando, FL.: Harcourt, Inc.

Davidson, R. J. & Begley, S. (2012). *The emotional life of your brain*. New York: Hudson Street Press.

Pert, C. (1999). *Molecules of Emotion: The science behind mind-body medicine*. New York: Simon & Schuster, Inc.

Blakeslee, S. & Blakeslee, M. (2008). *The body has a mind of its own: How body maps in your brain help you do (almost) everything better*. New York, NY: Random House Paperbacks.

Ramachandran, V. S. (2011). *The tell-tale brain: A neuroscientist's quest for what makes us human*. New York, NY: W. W. Norton & Company Ltd.

Ekman, P. (2003). *Emotions revealed: Recognizing faces and feelings to improve communication and emotional life*. New York, NY: Henry Holt and Company.

Goleman, D. (1995). *Emotional intelligence: Why it can matter more than IQ*. New York: Bantam Books.

Sapolsky, R. M. (2004). *Why Zebra's don't get ulcers*. New York: Holt Paperbacks.

### **Books on the neurophysiology of the self**

Damasio, A. (1999). *The feeling of what happens: Body and emotion in the making of consciousness*. Orlando, FL.: Harcourt, Inc.

Ledoux, J. (2002). *The synaptic self: How our brains become who we are*. New York: Penguin Books.

Llinas, R. R. (2002). *i of the vortex: From neurons to self*. Boston, MA: The MIT Press.

### **Books on the neurophysiology of relationships**

Siegel, D. J. (1999). *The Developing mind: How relationships and the brain impact to shape who we are*. New York: The Guilford Press.

Cozonlino, L. J. (2002). *The Neuroscience of psychotherapy: Building and rebuilding the human Brain*. New York: W.W. Norton & Company.

Cozonlino, L. J. (2006). *The Neuroscience of human relationships: Attachment and the developing social brain*. New York: W.W. Norton & Company.

Farini, A., Lemon, R., Lewis, M.D., T. (2001). *A general theory of love*. New York: Vintage Books (Random House, Inc.).

Siegel, D. J. (2007). *The mindful brain: Reflection and attunement in the cultivation of well-being*. New York: W. W. Norton & Company.

Schore, A. N. (1994). *Affect regulation and origin of the self: The neurobiology of emotional development*. Hillsdale, NJ: Lawrence Erlbaum Associates, Inc.

Schore, A. N. (2003). *Affect regulation and the repair of the self*. New York: W. W. Norton & Company, Inc.

Schore, A. N. (2003). *Affect dysregulation and the disorders of the self*. New York: W. W. Norton & Company, Inc.

Wallen, D. J. (2007). *Attachment in psychotherapy*. New York, NY: The Guilford Press.

### **Books on energy-oriented treatments for stress and trauma**

Sills, F. (1989). *The Polarity process: Energy as a healing art*. Rockport, Maine: Element Inc.

Sills, F. (2001). *Craniosacral biodynamics, volume one: The breath of life, biodynamics, and fundamental skills*. Berkeley: North Atlantic Books.

Sills, F. (2004). *Craniosacral biodynamics, volume two: The primal midline and the organization of the body*. Berkeley, CA: North Atlantic Books.

### **Books on scientific evidence of energy phenomena and resonance**

Lipton, B. (2005). *The biology of belief: Unleashing the power of consciousness, matter, and miracles*. Santa Rosa, California: Mountain of Love/Elite Books.

Oschman, J. L. (2003). *The scientific basis of energy medicine*. Churchill Livingstone.

Oschman, J. L.. (2003). *Energy medicine in therapeutics and human performance*. Butterworth-Heinemann.

### **Books on Advaita Vedanta**

Waite, D. (2007). *Back to the truth: 5000 years of Advaita*. Hants, UK: O Books.

Waite, D. (2010). *The book of one*. Hants, UK: O Books.

Waite, D, (2004). *The book of one: The spiritual path of Advaita*. Hants, UK. O Books.

Waite, D. (2003). *Was ist Advaita? An Einfuehrung in der spirituelle Lehre*. Stuttgart, Germany: Luechow Verlag.

Waite, D. (2008). *Enlightenment: The path through the jungle*. Hants, UK. O Books.

### **Books on Jungian Psychology**

Robertson, R. (1992). *The beginner's guide to Jungian psychology*. York Beach, Maine: Nicolas\_Hays, Inc.

Jung, C.G. (1989). *Memories, dreams, reflections*. Recorded and edited by Aniela Jaffe. New York, NY: Random House.

### **Books on Biodynamic Somatic Developmental Psychology**

MacNaughton, I. (Ed.) (2004). *Body, breath, and consciousness: A somatics anthology*. Berkeley, CA: North Atlantic Books.

Marcher, L. & Fich, S. (2010). *Body encyclopedia: A guide to the psychological functions of the muscular system*. Berkeley, CA: North Atlantic Books.