

Resources for Trauma-Informed Ministry

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

"The Boy Who Was Raised as a Dog: And Other Stories from a Child Psychiatrist's Notebook--What Traumatized Children Can Teach Us About" by Bruce Perry, Maia Szalavitz

"The Combat Trauma Healing Manual: Christ-centered Solutions for Combat Trauma" by Chris Adsit, Sandy Silverthorn, Nathan Self

"The Complete Guide to Crisis & Trauma Counseling: What to Do and Say When It Matters Most!" by H. Norman Wright

"It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle" by Mark Wolynn

"The Moral Injury Workbook: Acceptance and Commitment Therapy Skills for Moving Beyond Shame, Anger, and Trauma to Reclaim Your Values" by Wyatt R. Evans, Robyn D. Walser, Kent D. Drescher, Jacob K. Farnsworth

"Scared Sick: The Role of Childhood Trauma in Adult Disease" by Robin Karr-Morse

"Spirit and Trauma: A Theology of Remaining" by Shelly Rambo, Catherine Keller

"The Science behind Tapping: A Proven Stress Management Technique for the Mind and Body" by Dr. Peta Stapleton, Joe Dispenza

"EFT for Christians (Eft: Emotional Freedom Techniques)" by Sherrie Rice Smith