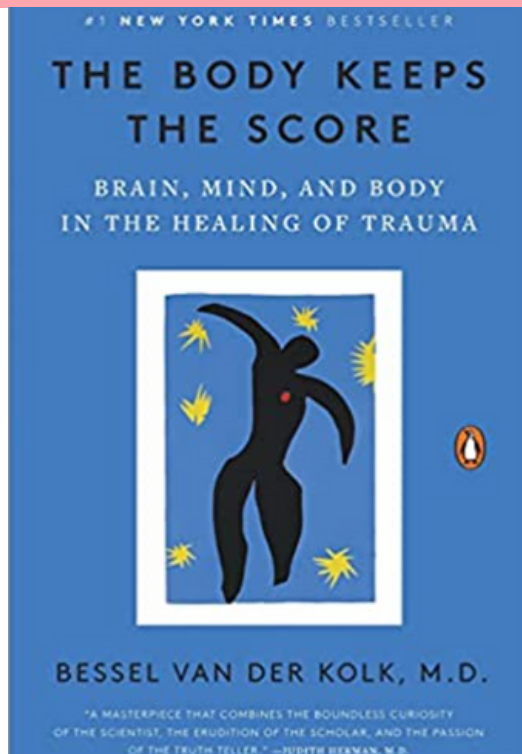


AARC FALL 2021 ONLINE SUMMIT

TRAUMA

BOOKLIST

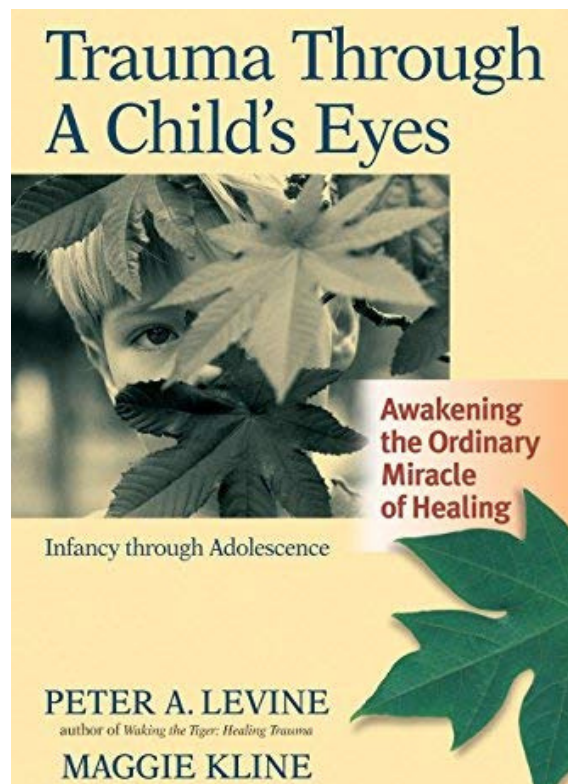


The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel van der Kolk M.D.

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

This accessible book offers hope and inspiration to those who suffer from trauma and those who care for them. Essential reading for anyone in understanding and treating traumatic stress and the scope of its impact on society.

This is an essential guide for recognizing, preventing, and healing childhood trauma, from infancy through adolescence. 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.

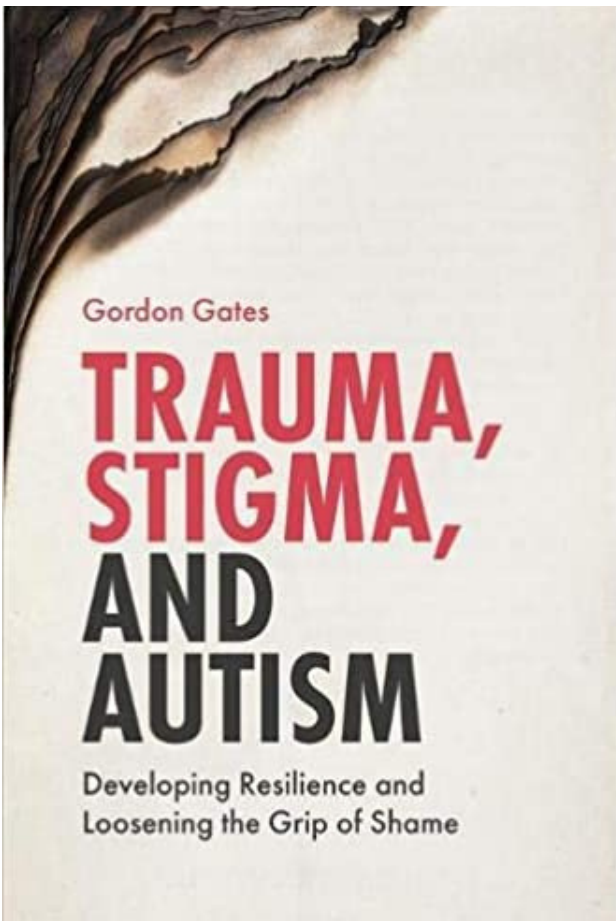


Trauma Through A Child's Eyes

Awakening the Ordinary Miracle of Healing

Infancy through Adolescence

PETER A. LEVINE
author of *Waking the Tiger: Healing Trauma*
MAGGIE KLINE



Trauma, Stigma, and Autism: Developing Resilience and Loosening the Grip of Shame by Gordon S. Gates

This book presents ground-breaking ideas based on current research on how stigma can cause bodily felt trauma in stigmatized or marginalized people, particularly those on the autism spectrum. Gordon Gates draws on his academic research, professional knowledge as a counselor, and lived experience with Asperger's syndrome to provide a unique framework for combating the psychological and emotional impact of stigma.

Explaining how to develop resilience and essential coping mechanisms to manage distress and improve mental health, this book casts new light on the significance of stigma in mental health and marks a new way forward for anyone who has been made to feel like an "outsider".