

Healing Intergenerational Trauma

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Book Title

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Post Traumatic Slave Disorder: America's legacy of enduring injury and healing

WM 172.5 .D321

2017

WM 172.5 .D321 2017

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In the 16th century, the beginning of African enslavement in the Americas until the ratification of the Thirteenth Amendment and emancipation in 1865, Africans were hunted like animals, captured, sold, tortured, and raped. They experienced the worst kind of physical, emotional, psychological, and spiritual abuse. Given such history, isn't it likely that many of the enslaved were severely traumatized? And did the trauma and the effects of such horrific abuse end with the abolition of slavery?

Emancipation was followed by one hundred more years of institutionalized subjugation through the enactment of Black Codes and Jim Crow laws, peonage, convict leasing, domestic terrorism and lynching. Today the violations continue, and when combined with the crimes of the past, they result in yet unmeasured injury. What do repeated traumas, endured generation after generation by a people produce? What impact have these ordeals had on African Americans today?

Dr. Joy DeGruy, answers these questions and more. With over thirty years of practical experience as a professional in the mental health field, Dr. DeGruy encourages African Americans to view their attitudes, assumptions, and behaviors through the lens of history and so gain a greater understanding of how centuries of slavery and oppression have impacted people of African descent in America.

Body and Soul: The Black Panther Party and the fight against medical discrimination

WA 300 .N424 2013

Between its founding in 1966 and its formal end in 1980, the Black Panther Party blazed a distinctive trail in American political culture. The Black Panthers are most often remembered for their revolutionary rhetoric and militant action. Here Alondra Nelson deftly recovers an indispensable but lesser-known aspect of the organization's broader struggle for social justice: health care. The Black Panther Party's health activism--its network of free health clinics, its campaign to raise awareness about genetic disease, and its challenges to medical discrimination--was an expression of its founding political philosophy and also a recognition that poor blacks were both underserved by mainstream medicine and overexposed to its harms.

Drawing on extensive historical research as well as interviews with former members of the Black Panther Party, Nelson argues that the Party's focus on health care was both practical and ideological. Building on a long tradition of medical self-sufficiency among African Americans, the Panthers' People's Free Medical Clinics administered basic preventive care, tested for lead poisoning and hypertension, and helped with housing, employment, and social services. In 1971, the party launched a campaign to address sickle-cell anemia. In addition to establishing screening programs and educational outreach efforts, it exposed the racial biases of the medical system that had largely ignored sickle-cell anemia, a disease that predominantly affected people of African descent.

The Black Panther Party's understanding of health as a basic human right and its engagement with the social implications of genetics anticipated current debates about the politics of health and race. That legacy--and that struggle--continues today in the commitment of health activists and the fight for universal health care.

Transformation: Treating Trauma with Acupuncture and Herbs

WM 172.5 .M877 2015

Develop powerful tools for transforming trauma. Gain insight about the ways people move from one stage of life to another. Practitioners of all disciplines will find useful material here and now. Will Morris earned his Ph.D. focused upon pulse diagnosis and is one of the world's leading experts on the subject. He works at the crossroads of Chinese medicine and the psycho-social realms. He has been exploring the use of integrative medicine as a tool for personal evolution since 1980.

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma

WM 172.5 .V217 2015

Trauma is a fact of life. Veterans and their families deal with the painful aftermath of combat; one in five Americans has been molested; one in four grew up with alcoholics; one in three couples have engaged in physical violence.

Dr. Bessel van der Kolk, one of the world's foremost experts on trauma, has spent over three decades working with survivors. In *The Body Keeps the Score*, he uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments—from neurofeedback and meditation to sports, drama, and yoga—that offer new paths to recovery by activating the brain's natural neuroplasticity. Based on Dr. van der Kolk's own research and that of other leading specialists, *The Body Keeps the Score* exposes the tremendous power of our relationships both to hurt and to heal—and offers new hope for reclaiming lives.

Healing the Soul wound: Trauma-informed counseling for Indigenous communities

WM 172.5 .D948 2019

In this groundbreaking book, Eduardo Duran—a psychologist working in Indian country—draws on his own clinical experience to provide guidance to counselors working with Native Peoples and other vulnerable populations. This second edition includes an important new chapter devoted to working with veterans, examining what it means to go to war and what is required for veterans to heal. Duran also updates his thinking on research, including suggestions on how to invent a new liberation research methodology through applied story science. Translating theory into day-to-day practice, the text presents case materials that illustrate effective intervention strategies for prevalent problems, including substance abuse, intergenerational trauma, and internalized oppression. This unique resource explores theoretical Indigenous understanding of cosmology and how understanding natural law can lead us to new ways of understanding and healing the psyche.

Healing Trauma: attachment, Mind, Body and Brain

WM 172.5 .571 2003

Born out of the excitement of a convergence of ideas and passions, this book provides a synthesis of the work of researchers, clinicians, and theoreticians who are leaders in the field of trauma, attachment, and psychotherapy.

As we move into the third millennium, the field of mental health is in an exciting position to bring together diverse ideas from a range of disciplines that illuminate our understanding of human experience: neurobiology, developmental psychology, traumatology, and systems theory. The contributors emphasize the ways in which the social environment, including relationships of childhood, adulthood, and the treatment milieu change aspects of the structure of the brain and ultimately alter the mind.

In an Unspoken voice: how the body releases trauma

WM 172.5 .L665i 2010

In this culmination of his life's work, Peter A. Levine draws on his broad experience as a clinician, a student of comparative brain research, a stress scientist and a keen observer of the naturalistic animal world to explain the nature and transformation of trauma in the body, brain and psyche. In an Unspoken Voice is based on the idea that trauma is neither a disease nor a disorder, but rather an injury caused by fright, helplessness and loss that can be healed by engaging our innate capacity to self-regulate high states of arousal and intense emotions. Enriched with a coherent theoretical framework and compelling case examples, the book elegantly blends the latest findings in biology, neuroscience and body-oriented psychotherapy to show that when we bring together animal instinct and reason, we can become more whole human beings.

**Molecules of Emotion: The Science behind mind-body
medicine**

WM 90 .P468m 2003

Why do we feel the way we feel? How do our thoughts and emotions affect our health? Are our bodies and minds distinct from each other or do they function together as parts of an interconnected system?

In her groundbreaking book Molecules of Emotion, Candace Pert provides startling and decisive answers to these and other challenging questions that scientists and philosophers have pondered for centuries.

Her pioneering research on how the chemicals inside our bodies form a dynamic information network, linking mind and body, is not only provocative, it is revolutionary. By establishing the biomolecular basis for our emotions and explaining these new scientific developments in a clear and accessible way, Pert empowers us to understand ourselves, our feelings, and the connection between our minds and our bodies -- body-minds -- in ways we could never possibly have imagined before.

Molecules of Emotion is a landmark work, full of insight and wisdom and possessing that rare power to change the way we see the world and ourselves.

**Five spirits: Alchemical Acupuncture for Psychological
and spiritual healing**

WM 90 .D293 2006

The Five Spirits are the Taoist map of the human psyche. The system provides a view of the nervous system and forms the basis of Chinese medical psychology. It also describes a precise and efficient technology for spiritual transformation, the process through which a human being rediscovers their essential wholeness and innate connection to the divine.

The Five Spirits themselves can be understood as the Taoist version of the chakra system of Vedic India. Like the chakras, the spirits exist as centers of consciousness in the subtle body rather than as structures in the physical body. Just as each chakra relates to a particular level of consciousness, each spirit relates to a particular aspect of human awareness, a particular vibration or frequency of psychic energy. An understanding of the Five Spirits is the key that opens the doorway to the mysteries of Taoist psycho-spiritual alchemy. By taking advantage of the discoveries of Western archetypal psychology and new discoveries about the mind and nervous system, we can decipher the Five Spirits and reorganize the system in a way that has proven to be clinically invaluable in treating psychosomatic, emotional, and psychospiritual distress.

Healing Collective Trauma: a process for integrating our intergenerational and cultural wounds

WM 172.5 .H878 2020

What can you do when you carry scars not on your body, but within your soul? And what happens when those spiritual wounds exist not just in you, but in everyone in your family, community, and even beyond? Spiritual teacher Thomas Hübl has spent years investigating why it is that old and seemingly disconnected traumas can seed their way through communities and across generations. His work culminates in *Healing Collective Trauma*, a new perspective on trauma that addresses both its visible effects and its most hidden roots. Thomas combines deep knowledge of mystical traditions with the latest scientific research. “In this way,” writes Thomas, “we are weaving a double helix between ancient wisdom and contemporary understanding.”

Thomas details the Collective Trauma Integration Process, a group-based modality for evoking and eventually dissolving stuck traumatic energies. Providing structured practices for both students and group facilitators, *Healing Collective Trauma* is intended to build a practical tool kit for integration. Here, you will learn:

- The innumerable ways trauma shapes our world—from identity and health to economy, geopolitics, and the state of the environment
- The concept of “trauma loyalty”—unconscious group bonds based in a pain narrative
- How the climate crisis is both a manifestation of humanity’s collective trauma and an opportunity to heal
- “Retrocausality”—how the power of presence can reshape the past and make new futures possible

Shake it off naturally: Reduce Stress, Anxiety, and Tension

WM 172.5 .B485s 2015

This book contains an easy to follow stress reduction exercise technique whose central aspect is the activation of a mild shaking response of the nervous system. It explores this most fundamental human experience of 'shaking' during highly excited experiences or events. This book explains how this natural shaking response is potentially capable of both relaxing physical tension patterns in the body as well as reducing psycho-emotional stress and tension. The technique explained in this book has demonstrated itself to be useful for people who are experiencing simple daily stress, long-term chronic tension, or even recovering from traumatic events. This shaking response, which has been traced back through traditional cultures to present day medical science, is the body's own natural neuro-physiological reaction to reduce stress. The combined writings of 24 authors representing 12 countries and 3 languages take the reader through the theoretical understanding of this shaking mechanism from neurological and physiological perspectives to its application with self, family, community and organizations as well as, active duty and veteran military personnel, first responders, refugee populations, and natural disaster survivors. The easy to follow pictures and explanations of these exercises guides the reader comfortably through this self-help, stress reduction process.

**The Revolutionary Trauma Release Process: Transcend
your toughest times**

WM 172.5 .B485r 2008

Life is stressful, anxiety provoking, and frequently traumatic. The result is that many of us are hurting, and often we are unaware of how deep our pain runs. These experiences aren't simply over and done with once they have passed. They each leave their mark, etched deep into both the psyche and the body. This affects how well we function from this point onwards. The Revolutionary Trauma Release Process shows what stress, anxiety, and trauma do to our mental wellbeing and physical health. Despite the suffering we experience in life, Dr. Berceci argues that even the most damaging events can become a pathway to a more fulfilling and meaningful life. The magic of The Revolutionary Trauma Release Process is that it can be utilized by anyone, any place on the planet. The process can reestablish a person's equilibrium, stabilize their life, and turn them to an emotionally healthy place.

Mindsight: The New Science of Personal Transformation

WB 880 .S571 2010

Is there a memory that torments you, or an irrational fear you can't shake? Do you sometimes become unreasonably angry or upset and find it hard to calm down? Do you ever wonder why you can't stop behaving the way you do, no matter how hard you try? Are you and your child (or parent, partner, or boss) locked in a seemingly inevitable pattern of conflict?

What if you could escape traps like these and live a fuller, richer, happier life? This isn't mere speculation but the result of twenty-five years of careful hands-on clinical work by Daniel J. Siegel, MD. A Harvard-trained physician, Dr. Siegel is one of the revolutionary global innovators in the integration of brain science into the practice of psychotherapy. Using case histories from his practice, he shows how, by following the proper steps, nearly everyone can learn how to focus their attention on the internal world of the mind in a way that will literally change the wiring and architecture of their brain.

Aware: The Science and Practice of Presence

WB 880 .S571a 2018

This groundbreaking new book from New York Times best-selling author Daniel J. Siegel, MD, introduces listeners to his pioneering, science-based meditation practice.

Aware provides practical instruction for mastering the Wheel of Awareness, a life-changing tool for cultivating more focus, presence, and peace in one's day-to-day life.

An in-depth look at the science that underlies meditation's effectiveness, this audiobook teaches listeners how to harness the power of the principle "Where attention goes, neural firing flows, and neural connection grows". Siegel reveals how developing a Wheel of Awareness practice to focus attention, open awareness, and cultivate kind intention can literally help you grow a healthier brain and reduce fear, anxiety, and stress in your life.

Whether you have no experience with a reflective practice or are an experienced practitioner, Aware is a hands-on guide that will enable you to become more focused and present, as well as more energized and emotionally resilient in the face of stress and the everyday challenges life throws your way.

Survivor Café: The Legacy of Trauma and the Labyrinth of Memory

WM 172.5 .R822 2017

As firsthand survivors of many of the 20th century's most monumental events: the Holocaust, Pearl Harbor, the Killing Fields begin to pass away, Survivor Café addresses urgent questions: How do we carry those stories forward? How do we collectively ensure that the horrors of the past are not forgotten?

Elizabeth Rosner organizes her audiobook around three trips with her father to Buchenwald concentration camp in 1983, in 1995, and in 2015. Each journey is an experience in which personal history confronts both commemoration and memorialization. She explores the echoes of similar legacies among descendants of African American slaves, descendants of Cambodian survivors of the Killing Fields, descendants of survivors of the bombing of Hiroshima and Nagasaki, and the effects of 9/11 on the general population. Examining current brain research, Rosner depicts the efforts to understand the intergenerational inheritance of trauma, as well as the intricacies of remembrance in the aftermath of atrocity. Survivor Café becomes a lens for numerous constructs of memory - from museums and commemorative sites to national reconciliation projects to small-group cross-cultural encounters.

Beyond preserving the firsthand testimonies of participants and witnesses, individuals and societies must continually take responsibility for learning the painful lessons of the past in order to offer hope for the future. Survivor Café offers a clear-eyed sense of the enormity of our 21st-century human inheritance - not only among direct descendants of the Holocaust, but also in the shape of our collective responsibility to learn from tragedy.

How to Be an Antiracist

WM 172.5 .K33 2019

Antiracism is a transformative concept that reorients and reenergizes the conversation about racism - and, even more fundamentally, points us toward liberating new ways of thinking about ourselves and each other. At its core, racism is a powerful system that creates false hierarchies of human value; its warped logic extends beyond race, from the way we regard people of different ethnicities or skin colors to the way we treat people of different sexes, gender identities, and body types. Racism intersects with class and culture and geography and even changes the way we see and value ourselves. In *How to Be an Antiracist*, Kendi takes listeners through a widening circle of antiracist ideas - from the most basic concepts to visionary possibilities - that will help listeners see all forms of racism clearly, understand their poisonous consequences, and work to oppose them in our systems and in ourselves.

Decolonizing Trauma Work

WA 305 .L756 2014

In *Decolonizing Trauma Work*, Renee Linklater explores healing and wellness in Indigenous communities on Turtle Island. Drawing on a decolonizing approach, which puts the “soul wound” of colonialism at the centre, Linklater engages ten Indigenous health care practitioners in a dialogue regarding Indigenous notions of wellness and wholistic health, critiques of psychiatry and psychiatric diagnoses, and Indigenous approaches to helping people through trauma, depression and experiences of parallel and multiple realities. Through stories and strategies that are grounded in Indigenous worldviews and embedded with cultural knowledge, Linklater offers purposeful and practical methods to help individuals and communities that have experienced trauma. *Decolonizing Trauma Work*, one of the first books of its kind, is a resource for education and training programs, health care practitioners, healing centres, clinical services and policy initiatives.

Mind, Consciousness, and Well-Being

WB 880 .S571m 2020

In this book, Daniel J. Siegel and Marion F. Solomon have gathered leading writers to discuss such topics as: attention, resilience, and mindfulness; neuroplasticity—how the brain changes its function and structure in response to experience; “loving awareness” as the foundation for mindful living; how mindfulness training can help build empathy and compassion in clinicians; self-compassion; addictions; using breath practice to cultivate well-being; tools for clients who feel disconnected; “therapeutic presence”—how we show up for our clients, how we embody being aware and receptive. The latest entry in the acclaimed Norton Series on Interpersonal Neurobiology, this book brings fresh voices to the all-important topics of meditation, mental training, and consciousness.

Mind, Consciousness, and Well-Being offers a unique window into the science and art of taking our understanding of the mind and consciousness and applying it to cultivating well-being in our personal lives and our professional work.

Courage of a Nation: Healing from Intergenerational Trauma, Addiction, and Multiple Loss

WM 172.5 .M366 2020

This book will evoke in the reader a Spiritual energy, hope, compassion and understanding of healing from Intergenerational Trauma and Addiction. The author brings to life our journey as Indigenous Peoples globally from atrocities, oppression and multiple loss to healing and liberation of Spirit, mind, body and emotions. Written with soul language, poetry and story telling, Elders' teachings and ceremony, the author brings to life resilience and transformation. The author allows us to journey with her through her oppressive life and poverty in South Africa to her journey onto Turtle Island (Canada) and her joining with the Indigenous Nations in British Columbia and Northern Ontario. With audacity and courage, she reveals that anything that is loved can be healed and that we are born to heal. Furthermore, Teresa brings love, compassion, kindness, prayer and ceremony to life that will touch every soul with renewed faith and hope for healing. She teaches that no matter what has happened in your life, you have the capacity, light and ability within you to heal. Her presence and authenticity move through every word in this book and bring forth a connection to self, others and the world.

**Trauma and Recovery: The Aftermath of Violence--
From Domestic Abuse to Political Terror**

WM 172.5 .H551 2015

Trauma and Recovery is revered as the seminal text on understanding trauma survivors. By placing individual experience in a broader political frame, Harvard psychiatrist Judith Herman argues that psychological trauma is inseparable from its social and political context. Drawing on her own research on incest, as well as a vast literature on combat veterans and victims of political terror, she shows surprising parallels between private horrors like child abuse and public horrors like war.

Hailed by the New York Times as "one of the most important psychiatry works to be published since Freud," Trauma and Recovery is essential reading for anyone who seeks to understand how we heal and are healed.

**Complex PTSD Workbook: A Mind-Body Approach To
Regaining Emotional Control And Becoming Whole**

WM 172.5 .W183 2013

Those affected by complex PTSD, or C-PTSD, commonly feel as though there is something fundamentally wrong with them—that somewhere inside there is a part of them that needs to be fixed. Facing one's PTSD is a brave, courageous act—and with the right guidance, recovery is possible.

In The Complex PTSD Workbook, you'll learn all about C-PTSD and gain valuable insight into the types of symptoms associated with unresolved childhood trauma. Take healing into your own hands while applying strategies to help integrate positive beliefs and behaviors.

**Blue Bias: An Ex-Cop Turned Philosopher Examines the
Learning and Resolve Necessary to End Hidden
Prejudice in Policing**

WA 305 .H417 2020

Blue Bias examines both the history of human bias and the current state of racism in America, and then provides useful ways to detect and reduce your own biases. For decades, Charles D. Hayes has been one of America's most passionate advocates for rigorous lifelong learning. Applying his early experience as a Dallas police officer with a half century of reflection, while intensively studying behavioral science, he has identified the learning necessary to end the hidden prejudice, commonly called implicit bias, that is still prevalent, especially in many economically poor communities.

**The Deepest Well: Healing the Long-Term Effects of
Childhood Adversity**

WM 172.5 .B959 2019

Dr. Nadine Burke Harris was already known as a crusading physician delivering targeted care to vulnerable children. But it was Diego—a boy who had stopped growing after a sexual assault—who galvanized her journey to uncover the connections between toxic stress and lifelong illnesses. The stunning news of Burke Harris's research is just how deeply our bodies can be imprinted by ACEs—adverse childhood experiences like abuse, neglect, parental addiction, mental illness, and divorce. Childhood adversity changes our biological systems, and lasts a lifetime. For anyone who has faced a difficult childhood, or who cares about the millions of children who do, the fascinating scientific insight and innovative, acclaimed health interventions in *The Deepest Well* represent vitally important hope for preventing lifelong illness for those we love and for generations to come.

WM 172.5 .L665 2010

In an Unspoken Voice : How the Body Releases Trauma and Restores Goodness

"Based on findings from biology, neuroscience, and the emerging field of body-oriented psychotherapy, *In an Unspoken Voice* explains that trauma is not a disease or a disorder, but an injury caused by fright, helplessness, and loss and that this wound can be healed only if we attend to the wisdom of the living, knowing body"--Provided by publisher.

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