Books and Videos on Trauma

The focus is sometime on children which is when individuals with IDD start experiencing trauma. But the biology of trauma is the same whether a child or adult.

What is important about it occurring in childhood is that the trauma interferes with development...and so we have neurodevelopmental trauma.

The Brain That Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science by Norman Doidge, M.D.

by Doidge Norman
The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma
by van der Kolk M.D., Bessel | Sep 8, 2011

The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind
by Daniel J. Siegel and Tina Payne Bryson | Sep 11, 2012

by Daniel J. Siegel
Aware: The Science and Practice of Presence--The Groundbreaking Meditation Practice
by Siegel M.D., Dr. Daniel | Aug 21, 2018

The Developing Mind, Second Edition: How Relationships and the Brain Interact to Shape Who We Are
by Daniel J. Siegel | Feb 4, 2015

No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind
Brainstorm: The Power and Purpose of the Teenage Brain
by Siegel MD, Daniel J. | Aug 4, 2015
More Buying Choices
$8.46 [85 used & new offers]

by Daniel J. Siegel and Mary Hartzell | Dec 26, 2013

The Yes Brain: How to Cultivate Courage, Curiosity, and Resilience in Your Child
by Daniel J. Siegel and Tina Payne Bryson | Jan 9, 2018
Neurofeedback in the Treatment of Developmental Trauma: Calming the Fear-Driven Brain

Working with the circuitry of the brain to restore emotional health and well-being. Neurofeedback, a type of "brain training" that allows us to see and change the patterns of our brain, has existed for over 40 years with applications as wide-ranging as the treatment of epilepsy, migraines, and chronic pain to performance enhancement in sports. Today, leading brain researchers and clinicians, interested in what the brain can tell us about mental health and well being, are also taking notice. Indeed, the brain’s circuitry—its very frequencies and rhythmic oscillations—reveals much about its role in our emotional stability and resilience. Neurofeedback allows clinicians to guide their clients as they learn to transform brain-wave patterns, providing a new window into how we view and treat mental illness. In this cutting-edge book, experienced clinician Sebern Fisher keenly demonstrates neurofeedback’s profound ability to help treat one of the most intractable mental health concerns of our ti

www.google.com

Understanding Developmental Trauma | Sebern Fisher

Motivation and sociability are affected in mice with induced inflammation of the cerebellum in mice. So much to learn about what appears to be the co-arising of inflammation and mental illness but it’s clear that inflammation relates to high arousal and reactivity even sub cortically at the level of the brain stem and the cerebellum.

www.sebernfisher.com

Trauma, Brain, and Relationships Helping Children Heal

Powerful documentary featuring Bryan Post, Bruce Perry, M.D., Daniel Siegel M.D., Marti Glenn PhD and other renowned experts in the field of childhood trauma, and attachment and bonding. This is a great way to share with friends, colleagues, and caregivers this new understanding of how trauma effects the development of the mind body system, and how it affects children’s behaviors and social relationships. This is a popular training video with agencies for training and for group presentations. Copies can be purchased a

www.postinstitute.com/dvds. Video originally produced by Santa Barbara Graduate Institute which has since been merged with a major university and no longer exists as a separate entity

https://www.youtube.com/watch?v=iYYEEMIMMb0