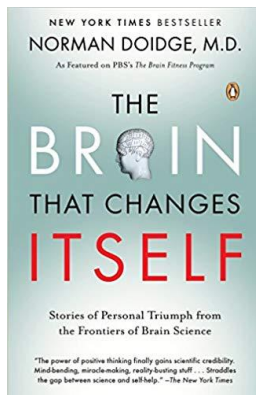


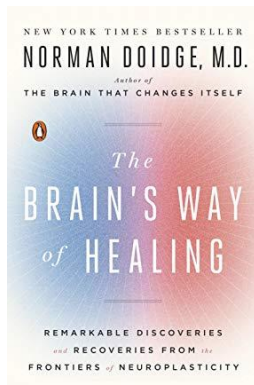
Books and Videos on Trauma

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.

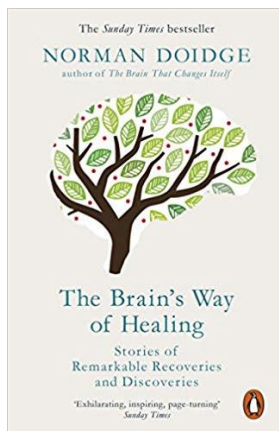
What is important about it occurring in childhood is that the trauma interferes with development.....and so we have neurodevelopmental trauma.



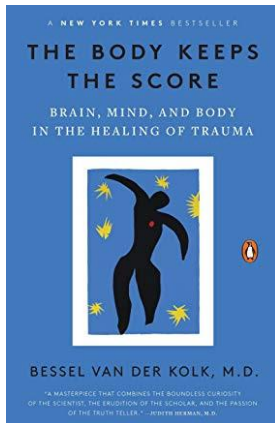
The Brain That Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science by Norman Doidge, M.D.



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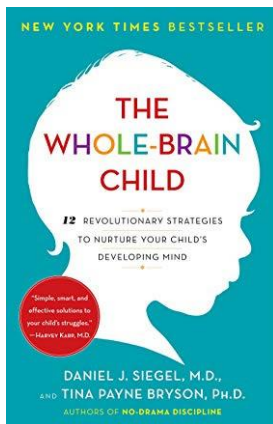


The Brain's Way of Healing: Stories of Remarkable Recoveries and Discoveries Paperback – January 28, 2016 by [Doidge Norman](#)



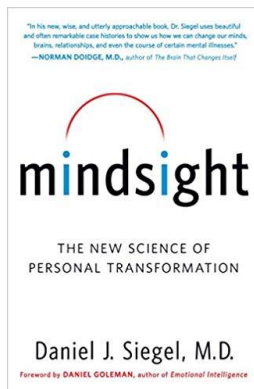
The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma

by van der Kolk M.D., Bessel | Sep 8, 201



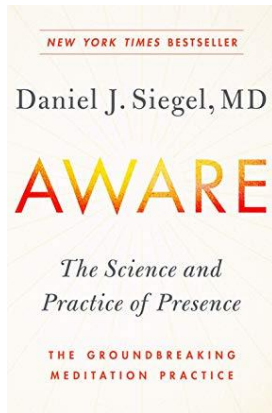
The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind

by [Daniel J. Siegel](#) and [Tina Payne Bryson](#) | Sep 11, 2012



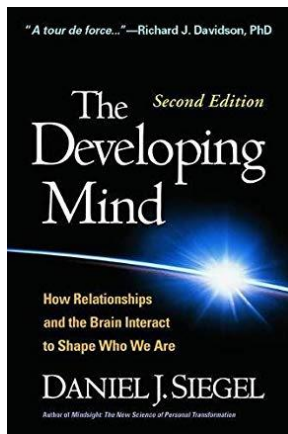
Mindsight: The New Science of Personal Transformation Paperback – December 28, 2010

by [Daniel J. Siegel](#)



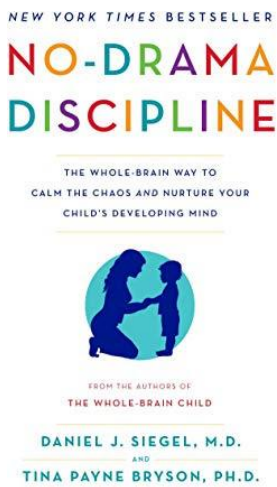
Aware: The Science and Practice of Presence--The Groundbreaking Meditation Practice

by Siegel M.D., Dr. Daniel | Aug 21, 2018

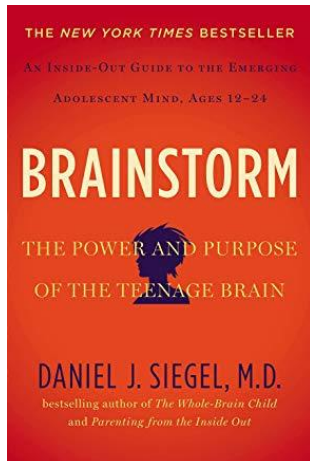


The Developing Mind, Second Edition: How Relationships and the Brain Interact to Shape Who We Are

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

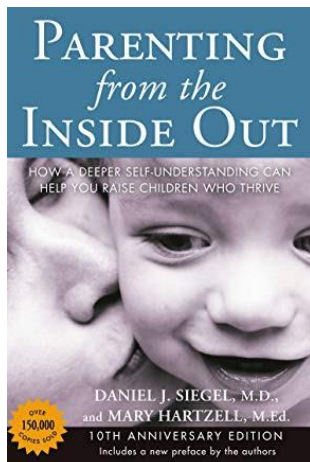


Brainstorm: The Power and Purpose of the Teenage Brain

by Siegel MD, Daniel J. | Aug 4, 2015

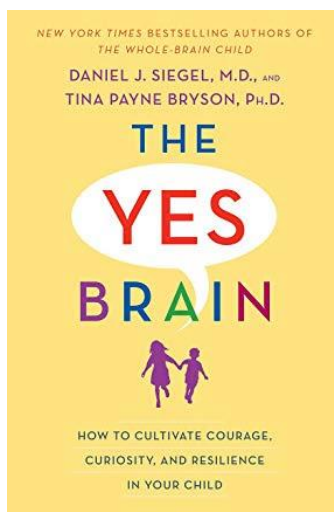
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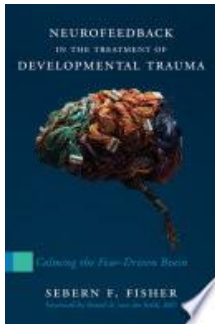
Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive: 10th Anniversary Edition

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

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[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=jYyEEMIMMb0>