



# WEBINAR RESOURCES: TRAUMA, ILLNESS AND HEALING IN A TOXIC CULTURE

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## Books

- **Alexander, Bruce K.:** *The Globalization of Addiction: A Study in the Poverty of the Spirit*
- **Fisher, Janina:** *Transforming The Living Legacy of Trauma: A Workbook for Survivors and Therapists*
- **Howard, John and Tatkin, Stan:** *More Than Words: The Science of Deepening Love and Connection in Any Relationship*
- **Johnson, Sue:** *Hold Me Tight: Seven Conversations for a Lifetime of Love*
- **Levine, Peter A.:** *In An Unspoken Voice: How the Body Releases Trauma and Restores Goodness*
- **Maté, Gabor:** *In the Realm of Hungry Ghosts: Close Encounters With Addiction*
- **Maté, Gabor:** *Scattered Minds: The Origins and Healing of Attention Deficit Disorder*
- **Maté, Gabor:** *The Myth of Normal: Trauma, Illness and Healing in a Toxic Culture*
- **Maté, Gabor:** *When The Body Says No: The Cost of Hidden Stress*
- **Nagoski, Emily and Nagoski, Amelia:** *Burnout: The Secret to Unlocking the Stress Cycle*
- **Narvaez, Darcia:** *Neurobiology and the Development of Human Morality: Education, Culture, and Wisdom*
- **Neufeld, Gordon and Maté, Gabor:** *Hold On To Your Kids: Why Parents Need to Matter More Than Peers*
- **Panksepp, Jaak and Biven, Lucy:** *The Archaeology of Mind: Neuroevolutionary Origins of Human Emotions*
- **Perry, Bruce D.:** *The Boy Who Was Raised as A Dog: And Other Stories From A Child Psychiatrist's Notebook: What Traumatized Children Can Teach Us About Loss, Love, and Healing*

- **Perry, Bruce D.:** *What Happened to You?: Conversations on Trauma, Resilience, and Healing*
- **Rediger, Jeffrey:** *Cured: The Life-changing Science of Spontaneous Healing*
- **Sapolsky, Robert M.:** *Determined: A Science of Life Without Free Will*
- **Sapolsky, Robert M.:** *Why Zebras Don't Get Ulcers*
- **Siegel, Daniel J.:** *Parenting From the Inside Out: How A Deeper Self-understanding Can Help You Raise Children Who Thrive*
- **Siegel, Daniel J.:** *The Developing Mind: Toward A Neurobiology of Interpersonal Experience*
- **Turner, Kelly A.:** *Radical Remission: Surviving Cancer Against All Odds*
- **Van der Kolk, Bessel A.:** *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*
- **Wolsak, Diederik:** *Choose Again: Six Steps to Freedom*

## Articles

- **Shonkoff, Jack P., et al.** "An Integrated Scientific Framework for Child Survival and Early Childhood Development." *Pediatrics (Evanston)*, vol. 129, no. 2, 2012, pp. e460-e472. DOI: [10.1542/peds.2011-0366](https://doi.org/10.1542/peds.2011-0366)

## Online Resources

- ACE Score Quiz
- Child & Youth Mental Health & Substance Use (CYMHSU) Community of Practice (CoP) Webinar Series Tools and Resources from [ACEs 101: Part 1 An Introduction to Adverse Childhood Experiences \(ACEs\) in Primary Care](#)
- [Mental Health Foundations](#) offers attachment-based emotion focused family training (EFFT) for clinicians and parents
- [Radical Remission Project](#)