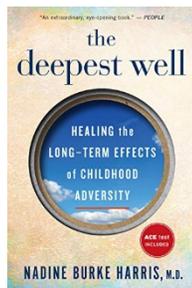


Professional Development to Teach Students of Trauma Book List

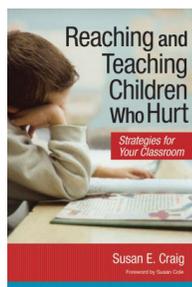
Resources on this book list can inform educators about the effects of trauma on students and teach ways to help students overcome adversity. The books can support any educator working with children who have experienced traumatic events such as abuse, neglect or violence in their lives. Individuals might select and read these books based on their interest; however, they can also be used “book club style” and presented for staff to vote on one to read every few months.



Harris, Nadine Burke. *The Deepest Well: Healing the Long-Term Effects of Childhood Adversity*. Houghton Mifflin Harcourt, 2018.

Dr. Harris takes readers on a personal journey to illustrate how adverse childhood experiences can lead to lifelong health problems for students. As a pediatrician, she applies her experiences and research to outline health interventions and ideas for breaking the cycle of trauma.

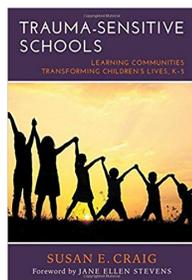
[Click to find on Amazon](#)



Craig, Susan E. *Reaching and Teaching Children Who Hurt: Strategies for Your Classroom*. Brookes Publishing, 2008.

This guidebook for education professionals gives realistic scenarios and practical strategies for teaching vulnerable students who have been exposed to trauma. It highlights current research that illustrates how abuse, neglect, violence and other forms of trauma can impact academic achievement and social success.

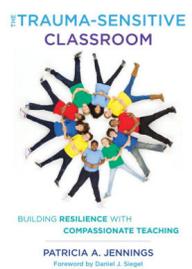
[Click to find on Amazon](#)



Craig, Susan E. *Trauma-Sensitive Schools: Learning Communities Transforming Children's Lives, K-5*. Teachers College Press, 2015.

Looking for practical and creative strategies for managing disruptive student behavior and other symptoms of complex trauma? This book helps educators view poor academic performance and social progress through a trauma-sensitive lens.

[Click to find on Amazon](#)



Jennings, Patricia A. *The Trauma-Sensitive Classroom: Building Resilience With Compassionate Teaching*. W.W. Norton & Company, 2019.

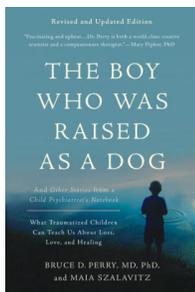
Dr. Jennings shares a series of self-assessments and implementation strategies for educators to support students' healing, build their resilience, and foster compassion in the classroom. This book connects new findings in neuroscience with trends in psychology, sociology, education and human development.

[Click to find on Amazon](#)

This resource is in the public domain. Authorization to reproduce it in whole or part is granted. This resource was funded by the U.S. Department of Education in 2019 under contract number ED-ESE-14-D-0008. The views expressed here are not necessarily those of the Department. Learn more about professional development planning and 21st CCLC learning at <https://y4y.ed.gov>.



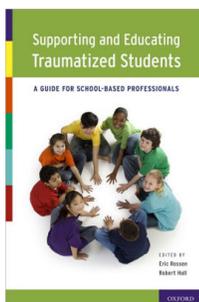
Professional Development to Teach Students of Trauma Book List



Perry, Bruce D., and Szalavitz, Maia. *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.* Basic Books, 2007.

How does trauma affect a child's mind, and how can that mind recover? *The Boy Who Was Raised as a Dog* explains what happens to the brains of children exposed to toxic stress and traumatic events in their lives. This book of case stories illustrates what supports children need in order to gain strength and resilience.

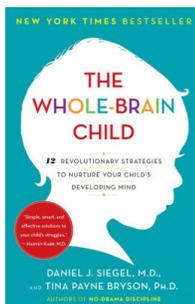
[Click to find on Amazon](#)



Rossen, Eric A., and Hull, Robert, editors. *Supporting and Educating Traumatized Students: A Guide for School-Based Professionals.* Oxford University Press, 2013.

This valuable resource provides strategies for educators looking to build supportive learning environments and positive social experiences for students. It aims to empower educators without clinical training to provide psychological support to students impacted by trauma. Each chapter offers developmental and cultural considerations when addressing various types of trauma and interventions. Included are recommendations for children's literature, internet resources and classroom practices that help educators to adopt new models for social emotional learning.

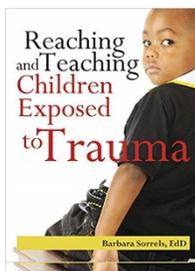
[Click to find on Amazon](#)



Siegel, Daniel J., and Bryson, Tina P. *The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind.* Bantam Books, 2011.

This book explores the upstairs/downstairs concept of brain development and maturation. The "upstairs brain," which performs higher cognitive functions, does not fully develop until the mid-twenties. The "downstairs brain" is responsible for basic functions such as breathing and reacting to danger. This book examines age-appropriate strategies for explaining this concept to students and helping them form a better understanding of self, build stronger relationships, and succeed in school.

[Click to find on Amazon](#)



Sorrels, Barbara. *Reaching and Teaching Children Exposed to Trauma.* Gryphon House, 2015.

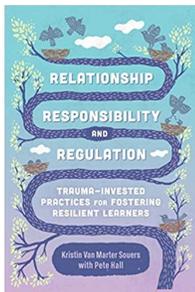
How do you identify specific behavior patterns that may reveal the effects of trauma on student development? Here, you will find the means to forge positive changes in vulnerable children and help to teach them self-regulation, social skills and relationship building. Practical strategies include insights into play-based curriculum, drama, coaching social skills, sensory-based experiences and visual cues.

[Click to find on Amazon](#)

This resource is in the public domain. Authorization to reproduce it in whole or part is granted. This resource was funded by the U.S. Department of Education in 2019 under contract number ED-ESE-14-D-0008. The views expressed here are not necessarily those of the Department. Learn more about professional development planning and 21st CCLC learning at <https://y4y.ed.gov>.



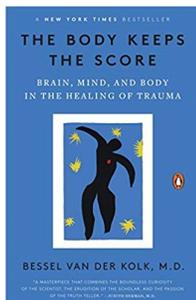
Professional Development to Teach Students of Trauma Book List



Souers, Kristin V.M., and Hall, Pete. *Relationship, Responsibility, and Regulation: Trauma-Invested Practices for Fostering Resilient Learners*. ASCD Publishing, 2018

Professionals recognize three new *Rs* of education: *relationship, responsibility, and regulation*. The authors give guidance for fostering a positive learning environment or “nest.” The book uses real-world scenarios that illustrate how to create a culture of safety and support for all stakeholders in an educational setting.

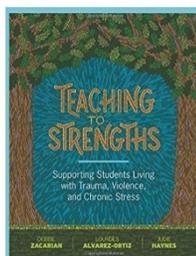
[Click to find on Amazon](#)



Van der Kolk, Bessel. *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*. Penguin Books, 2015

Psychiatrist van der Kolk uses practical case studies and scientific research to argue that trauma is one of the most urgent public health issues. This book explores how trauma physically reshapes the body and brain, causing anxiety, rage and inability to concentrate. It gives insight into treatments such as neurofeedback, meditation, sports, drama and yoga.

[Click to find on Amazon](#)



Zacarian, Debbie, Alvarez-Ortiz, Lourdes, and Haynes, Judie. *Teaching to Strengths: Supporting Students Living With Trauma, Violence, and Chronic Stress*. ASCD Publishing, 2017.

Research data and credible case studies are the bases for this guide that helps instructors better understand student experiences, foster collaborative learning strategies, and develop family and community partnerships. It advocates for teaching students impacted by trauma from a strengths-based perspective.

[Click to find on Amazon](#)

This list was created by Dr. Colleen Lelli, Ed.D., Associate Professor, Cabrini University. Dr. Lelli is the Director for the Barbara and John Jordan Center for Children of Trauma and Domestic Violence Education.