

SOMATICS & TRAUMA READING AND RESOURCE LIST

SOMATICS

The Anatomy of Change: a Way to Move through Life's Transitions by Richard Strozzi Heckler (North Atlantic Books, 1984, 1993).

Being Human at Work Edited by Richard Strozzi Heckler (North Atlantic Books, 2003).

Bioenergetics by Alexander Lowen (Penguin, 1994).

Body-Centered Psychotherapy: The Hakomi Method: The Integrated Use of Mindfulness, Nonviolence and the Body by Ron Kurtz (Life Rhythm, 1990).

The Body in Psychotherapy: Inquiries in Somatic Psychology (Body in Psychotherapy, Vol. 3) by Don Hanlon Johnson (North Atlantic Books, 1998).

The Body in Recovery: Somatic Psychotherapy and the Self by John P. Conger (Frog Ltd., 1994).

Bone, Breath, & Gesture: Practices of Embodiment (Bone, Breath, & Gesture) by Don Hanlon Johnson (North Atlantic Books, 1995).

Emotional Anatomy: The Structure of Experience by Stanley Keleman (Center Press, 1986).

Getting in Touch: A Guide to New Body-Centered Therapies by Christine Caldwell (Quest Books, 1997).

Getting Our Bodies Back by Christine Caldwell (Shambhala, 1996).

Healing Sex: The Complete Guide to Sexual Wholeness by Staci Haines (DVD by SIR Productions, 2004).

Holding the Center: Sanctuary in a Time of Confusion by Richard Strozzi Heckler (Frog, Ltd., 1997).

The Intuitive Body: Aikido as a Clairsentient Practice by Wendy Palmer (North Atlantic Books, 1994).

The Life We Are Given: A Long-Term Program for Realizing the Potential of Body, Mind, Heart and Soul by George Leonard and Michael Murphy (Jeremy P. Tarcher, 1995).

Somatics: Reawakening the Mind's Control of Movement, Flexibility, and Health by Thomas Hanna (HarperCollins Publishers, 1988).

The Survivor's Guide to Sex: How to Have an Empowered Sex Life after Child Sexual Abuse by Staci Haines (Cleis Press, 1999).

Your Body Speaks Its Mind by Stanley Keleman (Center Press, 1981).

TRAUMA

Attachment, Trauma, and Healing: Understanding and Treating Attachment Disorder in Children and Families by Terry M. Levy, Michael Orlans (CWLA/Child Welfare League of America Press, 1998).

The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment by Babette Rothschild (W. W. Norton & Company, 2000).

Post-Traumatic Stress Disorder Sourcebook by Glenn R. Schiraldi (McGraw-Hill, 2000).

Trauma and Recovery: The Aftermath of Violence from Domestic Abuse to Political Terror by Judith Lewis Herman, M.D. (Basic Books, 1993).

Victims of Cruelty: Somatic Psychotherapy in the Treatment of Posttraumatic Stress Disorder by Marianna Eckberg (North Atlantic Books, 2000).

Waking the Tiger: Healing Trauma: The Innate Capacity to Transform Overwhelming Experiences by Peter A. Levine, Ann Frederick (North Atlantic Books, 1997).

SEXUAL TRAUMA

Abused Boys: The Neglected Victims of Sexual Abuse by Mic Hunter (Ballantine Books, 1991).

Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse by Ellen Bass and Laura Davis (HarperCollins, 1988, 1994).

Healing Sex: The Complete Guide to Sexual Wholeness by Staci Haines (DVD by SIR Productions, 2004).

No Secrets No Lies: How Black Families Can Heal from Sexual Abuse by Robin Stone (Broadway, 2004).

The Betrayal Bond by Patrick J. Carnes (HCI, 1997).

The Survivor's Guide to Sex: How to Have an Empowered Sex Life after Child Sexual Abuse by Staci Haines (Cleis Press, 1999).

Victims No Longer: Men Recovering from Incest and Other Sexual Child Abuse by Mike Lew, Ellen Bass (Perennial, 1990).

When Survivors Give Birth: Understanding and Healing the Effects of Early Sexual Abuse on Childbearing Women by Penny Simkin, Phyllis Klaus (Classic Day Publishing, 2004).

TRAUMA, THE BRAIN & MEMORY

EMDR: The Breakthrough Therapy for Overcoming Anxiety, Stress, and Trauma by Francine Shapiro, Margot Silk Forrest (HarperCollins, 1997).

Genome: The Autobiography of a Species in 23 Chapters by Matt Ridley (HarperCollins, 2000).

Mind Wide Open: Your Brain and the Neuro-Science of Everyday Life by Steven Johnson (Scribner, 2004).

Unchained Memories: True Stories of Traumatic Memories, Lost and Found by Lenore Terr (Basic Books, 1994).

Why Zebras Don't Get Ulcers, Third Edition by Robert M. Sapolsky (W. H. Freeman, 1994) (Owl Books, 2004).

SOCIAL TRAUMA

Boys Will Be Boys: Breaking the Link Between Masculinity and Violence by Myriam Miedzian (Doubleday, 1991) (Lantern Books, 2002).

The Chalice and the Blade: Our History, Our Future by Riane Eisler (Harper San Francisco, 1988). *Homophobia: How We All Pay the Price* edited by Warren J. Blumenfeld (Beacon Press, 1992).

Homophobia: How We All Pay the Price edited by Warren J. Blumenfeld (Beacon Press, 1992).

A Human Being Died That Night : A South African Story of Forgiveness by Pumla Gobodo-Madikizela (Mariner Books April 19, 2004).

One Nation, Underprivileged: Why American Poverty Affects Us All by Mark Robert Rank (Oxford University Press, 2004).

We Wish to Inform You That Tomorrow We Will be Killed With Our Families: Stories from Rwanda by Philip Gourevitch (Picador, 1999).

Whitewashing Race: The Myth of a Color-Blind Society edited Michael K. Brown (University of California Press, 2003).

LITERATURE

Bastard Out of Carolina by Dorothy Allison (Dutton Books, 1992/Plume, 1993).

Ceremony by Leslie Marmon Silko (Penguin Books, 1977).

Mysterious Skin: A Novel by Scott Heim (Perennial, 1996).

Not Vanishing by Chrystos (Press Gang Publishers, 1989).

The Color Purple by Alice Walker (Harcourt, 1992/Harvest, 2003).

The Feast of the Goat: A Novel by Mario Vargas Llosa (Picador USA, 2002).

The Kite Runner by Khaled Hosseini (Riverhead Trade, 2004).

FILMS

Amandla! a Revolution in Four-Part Harmony (2002)

Rabbit-proof Fence (2002)

Boys Don't Cry (1999)

Monster (2003)

Murder on a Sunday Morning (2001)

Once Were Warriors (1995)

The Woodsman (2004)

WEBSITES:

Generative Somatics—Staci Haines

www.somaticsandtrauma.org

Generative Somatics is an integrative approach using somatic awareness, somatic bodywork and somatic practices to create lasting change. Generative Somatics approaches trauma as both an individual and collective experience. In this work we address individual experiences of trauma and the social context in which we are living to understand, heal, and transform. Generative Somatics is used in one on one and group work as well as in social change and community building settings.

Healing Sex, DVD

www.healingsexthemovie.com

This DVD describes the Generative Somatics approach to healing intimacy, relationship and sexuality after sexual trauma. A diverse cast demonstrates the healing process including somatic embodiment, somatic bodywork and somatic practices. By Staci Haines and SIR Video.

Jim Hopper Child Sexual Abuse Resource Page

www.jimhopper.com

Extensive resource page with information for men and women, statistics on boys and girls, and links to research, healing resources, and articles on abuse and abuse prevention.

Sensorimotor Psychotherapy Institute—Pat Ogden

www.sensorimotorpsychotherapy.org

The Sensorimotor Psychotherapy Institute (SPI) is an educational organization dedicated to the study and teaching of a body oriented approach to clinical psychotherapy practice.

Somatic Experiencing & The Foundation for Human Enrichment—Peter Levine

www.traumahealing.com

The Foundation for Human Enrichment (FHE) provides individuals, families, and communities with effective “self-help” tools for healing trauma. We recognize the relationship between trauma and the ignition of violence and war. Our goal is to help end this destructive cycle. Links & Resources.

Strozzi Institute—Richard Strozzi Heckler

www.strozziinstitute.com

Strozzi Institute is the premier training institute for Embodied Leadership. For more than 30 years, Strozzi Institute has provided an innovative learning environment using somatics to develop leadership, create organizational change and encourage social vision. The Institute offers public and private programs for corporations, small businesses and individuals interested in developing their leadership presence and effectiveness. In addition, they offer a unique coaching certification program that teaches the relevance of the body in coaching.

The Trauma Center

www.traumacenter.org

Contains numerous articles by Bessel van der Kolk and other trauma-related publications. This is a great resource for the latest studies on brain development, the psycho-biology and trauma.