SOMATICS & TRAUMA READING AND RESOURCE LIST

SOMATICS


Bioenergetics by Alexander Lowen (Penguin, 1994).


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


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


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).

TRAUMA


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


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


SEXUAL TRAUMA


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).


TRAUMA, THE BRAIN & MEMORY

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


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


SOCIAL TRAUMA


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


LITERATURE

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


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


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)


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.