

Suggested Reading:

Bloom, Sandra L. *Creating sanctuary: Toward the evolution of sane societies*. Routledge, 2013.

Herman, Judith Lewis. *Trauma and recovery: The aftermath of violence--from domestic abuse to political terror*. Hachette uK, 2015.

James, Colin. "Towards trauma-informed legal practice: a review." *Psychiatry, Psychology and Law* 27.2 (2020): 275-299.

Sarah Katz, *The Trauma-Informed Law Classroom: Incorporating Principles of Trauma-Informed Practice into the Pandemic Age Law School Classroom*
25 U.C. Davis Social Justice Law Review 17 (2020)
https://papers.ssrn.com/sol3/papers.cfm?abstract_id=3810982

Van Dernoot Lipsky, Laura. *Trauma stewardship: An everyday guide to caring for self while caring for others*. ReadHowYouWant. com, 2010.

Other Resources:

National Child Traumatic Stress Network, Resource section: <https://www.nctsn.org/trauma-informed-care/secondary-traumatic-stress/nctsn-resources>

Replenish the Well: An Experience in Self-Care, Self Care Worksheet, Exercise developed by Catherine D. Nugent, for *Replenish the Well: An Experience in Self-Care*, workshop presented at *Peer Services: A Life in the Community for Everyone*, Fifth Annual Conference of the Substance Abuse and Mental Health Services Administration, Center for Substance Abuse Treatment's Recovery Community Services Program, Washington, DC, July 13, 2004. https://www.andrews.edu/services/ctcenter/prevention/self-care_ax_worksheet.pdf

SAMHSA's Concept of Trauma and Guidance for a Trauma Informed Approach. https://ncsacw.samhsa.gov/userfiles/files/SAMHSA_Trauma.pdf

Self-Care Assessment Worksheet, from *Transforming the Pain: A Workbook on Vicarious Traumatization*. Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996). https://www.andrews.edu/services/ctcenter/prevention/self-care_ax_worksheet.pdf

B. Hudnall Stamm, 2009-2012. *Professional Quality of Life: Compassion Satisfaction and Fatigue Version 5 (ProQOL)*. www.proqol.org.

The 16 Warning Signs of a Trauma Exposure Response, from Laura van Dernoot Lipsky & Connie Burk, *TRAUMA STEWARDSHIP: AN EVERYDAY GUIDE TO CARING FOR SELF WHILE CARING FOR OTHERS* (2009).

Tree Exercise, Center for Excellence in Advocacy, Support Center for Child Advocates.

