SOMATIC & TRAUMA READING AND RESOURCE LIST

SOMATIC


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 Leadership Dojo: Build Your Foundation as an Exemplary Leader by Richard Strozzi Heckler ((Frog, Ltd., 2007).

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).

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).


Healing Trauma by Peter Levine (Sounds True, Inc. 2006)

The Untouched Key: Tracing Childhood Trauma in Creativity and Destructiveness by Alice Miller (Anchor, 1991)


Trauma and the Body: A Sensorimotor Approach to Psychotherapy by Kekuni Minton, Pat Ogden, Clare Pain, and Bessel van der Kolk (W. W. Norton & Company, 2006)


Healing Through the Dark Emotions by Miriam Greenspan (Shambhala, 2004)

**SEXUAL TRAUMA**


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


The Unsayable: The Hidden Language of Trauma by Annie Rogers (Random House 2006).


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

Allies in Healing: When the Person You Love Was Sexually Abused as a Child by Laura Davis (Harper Paperbacks, 1991)

NEUROSCIENCE

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


Your Body Is Your Subconscious Mind, CD series and reader, by Candace Pert, Ph.D. (Sounds True, 2005).

The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles by Bruce Lipton (Hay House, 2008)
The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being by Daniel J. M.D. Siegel (W. W. Norton & Company, 2007)

The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are, by Daniel J. M.D. Siegel (The Guilford Press; 1 edition (October 22, 2001)


Proust Was a Neuroscientist by Jonah Lehrer (Mariner Books, 2008)


SOCIAL & POLITICAL THEORY

Sexing the Body: Gender Politics and the Construction of Sexuality by Anne Fausto-Sterling (Basic Books, 2000)

Transgender History by Susan Stryker (Seal Press, 2008)


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

Trans Liberation: Beyond Pink or Blue by Leslie Feinberg (Beacon Press, 1999)

Gender Diversity: Cross-cultural Variations by Serena Nanda (Waveland Press, 2000)

Thinking Class: Sketches from a Cultural Worker by Janna Kadi (South End Press, 1996)

Exile & Pride: Disability, Queerness, and Liberation by Eli Clare (South End Press, 1999)


Native American Postcolonial Psychology by Bonnie and Eduardo Duran. (CUNY University Press, 1995)

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).

Read My Lips: Sexual Subversion and the End of Gender by Riki Anne Wilchins (Firebrand Books, 1997)

Materialist Feminism: A Reader in Class, Difference, and Women's Lives; Edited by Rosemary Hennessy & Chris Ingraham (Routledge, 1997)


Pedagogy of the Oppressed by Paolo Friere (Continuum, 2000)

Teaching to Transgress by bell hooks (Routledge, 1994)

Sisters of the Yam by bell hooks (South End Press, 2005)

Open Veins of Latin America by Eduardo Galeano (Monthly Review Press, 1997)

The Wretched of the Earth by Franz Fanon (Grove Press, 2005)


Off The Reservation: Reflections on Boundary-Busting, Border-Crossing Loose Cannons by Paula Allen Gunn (Beacon Press, 1999)

Conquest: Sexual Violence and American Indian Genocide by Andrea Smith (South End Press, 2005)

The Color of Violence: The Incite! Anthology by INCITE! Women of Color Against Violence (South End Press, 2006)

White Like Me: Reflections on Race from a Privileged Son by Tim Wise (Soft Skull Press, 2007)


Biopiracy: The Plunder of Nature and Knowledge by Vandana Shiva (South End Press, 1999)

Invisible Lives: The Erasure of Transexual & Transgendered People by Viviane Namaste (University Of Chicago Press, 2000)


An Ordinary Person’s Guide to Empire by Arundhati Roy (South End Press, 2004)
LITERATURE & POETRY

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)


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)

What Have You Lost? Poems selected by Naomi Shihad Nye (Greenwillow Books, 2001)

Our Dead Behind Us Poems by Audre Lorde (W. W. Norton & Company, 1994)


Soldier: A Poet’s Childhood by June Jordan (Basic Civitas Books, 2001)

Breath, Eyes, Memory by Edwidge Danticat (Vintage, 1998)

Unbowed, a Memoir by Wangari Maathai (Anchor, 2007)

The Woman Warrior: Memoirs of a Girlhood Among Ghosts by Maxine Hong Kingston (Vintage, 1989)

Whipping Girl: A Transsexual Woman on Sexism and the Scapegoating of Femininity by Julia Serrano (Seal Press, 2007)

FILMS

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

Rabbit-proof Fence (2002)

Boys Don’t Cry (1999)

Millions (2004)

Monster (2003)

Murder on a Sunday Morning (2001)
Once Were Warriors (1995)


Slumdog Millionaire (2008)

Rize (2005)

Very Young Girls (2008)

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.