

There are many exciting sources for learning about trauma, healing and resilience. Here are just a few books, articles and podcasts.

Collective, Intergenerational & Historical Trauma ~ Community Healing:

Dr. Sousan Abadian, "[Cultural Healing: When Cultural Renewal is Reparative and When it is Toxic.](#)"

Ancestral Resistance from Mijente: Offerings & Practices ([full text in Spanish and English](#))

Dr. Sandra Bloom, *Creating Sanctuary: Toward the Evolution of Sane Societies* (New York: Routledge, 2013)

Dr. Maria Yellow Horse Brave Heart: [Historical Trauma and Healing in Native American Communities](#)

Shawn Ginwright, Ph.D: [The Future of Healing: Shifting From Trauma Informed Care to Healing Centered Engagement](#)

[Healing Legacies: A Panel on Intergenerational Trauma](#), video from [The Icarus Project](#)

Judith Herman, MD, *Trauma and Recovery: The Aftermath of Violence -- from Domestic Abuse to Political Terror* (New York: Basic Books, 1992).

Joy DeGruy Leary, Ph.D, *Post Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing* (Oregon: Uptone Press, 2005). [Dr. Leary's Website, Articles and Trainings](#)

Leticia Nieto, Psy.D., *Beyond Inclusion, Beyond Empowerment: A Developmental Strategy to Liberate Everyone* ([Video here](#))

Renee Linklater, *Deconlonizing Trauma Work: Indigenous Stories and Strategies* (Fernwood Publishing, 2014).

Elaine Miller-Karas, *Building Resilience to Trauma: The Trauma and Community Resilience Models*. Routledge Press: NY, 2015.

[Historical Trauma and Cultural Healing](#) Introduction and Resources from the University of Minnesota

Embodied Trauma and Healing

Peter Levine, *Waking the tiger: Healing trauma: The innate capacity to transform overwhelming experiences*. (Berkeley, CA: North Atlantic Books: 1997)

Resmaa Menakem, *My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies*, (Las Vegas: Central Recovery Press: 2017) ([Link to buy](#))

Bessel Van der Kolk, MD, *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma* (New York: Viking, 2014).

[What is Interoception?](#) Video by Embodied Philosophy

Jewish Trauma and Healing, Spirituality and Healing

Avram Burg, *The Holocaust is Over, We Must Rise from Its Ashes*, trans. Israel Amrani (NY: Palgrave Macmillan, 2008)

Claudia Horwitz, *The Spiritual Activist: Practices to Transform Your Life, Your Work, and Your World* (New York: Penguin Press, 2002)

Rabbi Tirzah Firestone, *Wounds into Wisdom: Healing Intergenerational Trauma* (Monkfish Publishing: 2019)

Penny Rosenwasser, *Hope into Practice: Jewish Women Choosing Justice Despite Our Fears* (2013)

David Treleaven: *Trauma-Sensitive Mindfulness: Practices for Safe and Transformative Healing* (W. W. Norton and Company, 2018)

[“A Place Where You Belong: Jewish Healing Circles”](#) by Rabbi Melissa Klein

[Hashivenu Podcast](#)

[Resources for Resilience](#), from Bend the Arc Jewish Action

[Ritualwell: Rituals for Healing & Hard Times](#)

Healing Justice & Disability Justice

Leah Lakshmi Piepzna-Samarasinha, [“A Not-So-Brief Personal History of the Healing Justice Movement, 2010-2016”](#) (article)

[Healing Justice is More Than Just Words on a Page](#), Report from Nexus Community Partners

Collected by Rabbi Jessica Rosenberg, Reconstructionist Rabbinical College

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[Healing in Action: A Toolkit for Black Lives Matter Healing Justice & Direct Action](#)

[Healing Justice Podcast](#)

[“This is Disability Justice”](#) by Nomy Lamm

[Transform Harm](#): a resource hub about ending violence

Environmental Justice, Trauma, and Healing

Ed. Jeanine M. Canty, *Ecological and Social Healing: Multicultural Women’s Voices* (New York: Routledge, 2017)

Ed. Theodore Roszak, Mary E. Gomes, Allen D. Kanner, *Ecopsychology: Restoring the Earth, Healing the Mind*, (New York: Sierra Club Books, 1995)

Thich Nhat Hanh, *Love Letter to the Earth* (Berkeley, CA: Parallax Press, 2013)

Secondary & Vicarious Trauma, Moral Injury

Rita Nakashima Brock and Gabriella Lettini, *Soul Repair: Recovering from Moral Injury after War* (Boston: Beacon Press, 2012)

[Vicarious Trauma for Professionals, Wendt Center for Loss and Healing](#)

[Secondary Trauma in the Workplace: Tools for Awareness, Self-Care, and Organizational Response in Montana](#)

[“Survival Tips for Radical Empaths”](#) by Adrienne Marie Brown

Laura van Dernoot Lipsky with Connie Burk, *Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others* (San Francisco: Berrett-Koehler Publishers, 2009)

Accountability, Transformative Justice, Conflict Resolution and De-Escalation

eds. Ejeris Dixon & Leah Lakshmi Piepzna-Samarasinha, *Beyond Survival: Strategies and Stories from the Transformative Justice Movement* (Chico, CA: AK Press: 2020)

Mariame Kaba & Shira Hassan, *Fumbling Towards Repair: A Workbook for Community Accountability Facilitators* (Project NIA/Just Practice, 2019)

[Guide to Trauma-Informed De-Escalation During Actions and Protests](#)

from Open Table Nashville

Collected by Rabbi Jessica Rosenberg, Reconstructionist Rabbinical College
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[Conflict Resolution with Power and Privilege in Mind](#) from Compasspoint

[Resource List from Conflict Transformation Fund](#)

[Black Lives Matter's Tools for Addressing Chapter Conflict](#) by Prentis Hemphill, with support from the BLM Healing Justice Working Group

[Nonviolent Community Safety and Peacebuilding Handbook](#) by pt'chang: nonviolent community safety group