



New Jersey State Bar Foundation

TRAUMA SENSITIVE SCHOOLS

Trauma Sensitive Schools Resource List

BOOKS

Non-Fiction

- *The Body Keeps the Score* by Bessel van der Kolk
- *Building a Trauma-Informed Restorative School* by Joe Brummer
- *Brainstorm: The Power and Purpose of the Teenage Brain* by Daniel Siegel
- *Culturally Responsive Teaching and the Brain* by Zaretta Hammond
- *Decolonizing Trauma Work: Indigenous Stories and Strategies* by Renee Linklater
- *The Deepest Well: Healing the Long-Term Effects of Childhood Adversity* by Nadine Burke Harris
- *Equity-Centered Trauma-Informed Education* by Alex Shevrin Venet
- *The Future of Shifting from Trauma Informed Care to Healing Centered Engagement* by Shawn Ginwright
- *Healing Trauma: A Pioneering Program for Restoring the Wisdom of your Body* by Peter Levine
- *The Little Book of Trauma Healing: When Violence Strikes and the Community is Threatened* by Carolyn Yoder
- *My Grandmother's Hands: Racialized Trauma and the Pathway to Mending our Hearts and Bodies* by Resmaa Menakem
- *Restart: Designing a Healthy Post Pandemic Life* by Doreen Dodgen-Magee
- *What Happened to You?: Conversations on Trauma, Resilience, and Healing* by Bruce D. Perry and Oprah Winfrey
- *The Whole Brain Child: Revolutionary Strategies to Nurture Your Child's Developing Mind* by Tina Payne Bryson and Daniel Siegel

For Children and Adolescents

- *Brainstorm: The Power and Purpose of the Teenage Brain* by Daniel Siegel
- *Brave Bart: A Story for Traumatized and Grieving Children* by Caroline H. Sheppard
- *The Hate U Give*: by Angie Thomas Walker
- *Healing Days: A Guide for Kids who have Experienced Trauma* by Susan Farber Straus
- *The Invisible String* by Joanne Lew-Vriethoff
- *Once I was Very Very Scared* by Chandra Ghosh Ippen
- *Teaching Kids All About Trauma* by Robert D. Edelman and Selena Carter
- *A Terrible Thing Happened* by Margaret M. Holmes
- *Touching Spirit Bear* by Ben Mikaelson
- *Trauma is Really Strange* by Sophie Standing
- *Two Backpacks: Learning Their Story and Building Relationships with a Trauma Informed Perspective* by Adolph Brown
- *What's Inside your Backpack?* By Jessica Sinarski



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VIDEOS and AUDIO FROM TRAINING

- Bessel van der Kolk, What is Trauma: <https://www.youtube.com/watch?v=BJfmfkDQb14>
- Catava Burton, Hand Model of the Brain: https://www.youtube.com/watch?v=1I9hnGXZyhc&list=PLbLCJau_uQM-PxGCWwZb6z52-czSbjKB9&index=7
- What are Trauma-Informed Practices?: <https://www.youtube.com/watch?v=sAThAkaqKlk>
- Restorative Justice- Fania Davis: <https://www.youtube.com/watch?v=ANSXd2ec9ZY>
- Our Culture, Our Schools: <https://www.youtube.com/watch?v=zhtdcjQtxtw&t=1s>
- The 180 Podcast with Zaretta Hammond: https://www.podbean.com/media/share/pb-rmfte-10a55c6?utm_campaign=w_share_ep&utm_medium=dlink&utm_source=w_share
- We're Not Okay: <https://www.youtube.com/watch?v=nS8FMHh7jJl>

ONLINE RESOURCES and ARTICLES

- Article from NPR on the ACE quiz: <https://www.npr.org/sections/health-shots/2015/03/02/387007941/take-the-ace-quiz-and-learn-what-it-does-and-doesnt-mean>
- Bank Street College of Education Resources on Emotionally Responsive Practice: https://www.bankstreet.edu/our-work-with-schools-and-communities/emotionally-responsive-practice/resources/?fbclid=IwAR30KzdodLFPXVvPdIOW67vcdIoFWEtot05ovM8vYv6OQUgCbYsZG79_1hk
- *The Burden of Being On Point*: NY Times Article on Black boys and trauma: <https://www.theatlantic.com/politics/archive/2021/04/black-boys-trauma-misunderstood-behavior/618684/>
- Cosmic Kids Yoga, The Owl and the Guard Dog: <https://www.youtube.com/watch?v=so8QN9an3t8>
- De-Escalation Spaces: https://www.youtube.com/watch?v=YxC_Q8zE0SU
- Dr. Angel Acosta, Healing Centered Educator: <https://www.drangelacosta.com/>
- The Emotional Brain: Wise Owl and Barking Dog: <https://www.u-gro.com/blog/2019/07/children-s-emotions-how-they-work-and-behavior-strategies-to-try/>
- Healing Centered Engagement: <https://ginwright.medium.com/the-future-of-healing-shifting-from-trauma-informed-care-to-healing-centered-engagement-634f557ce69c>
- How to Respond when a Student Acts Out: <https://www.youtube.com/watch?v=Jm5knZzeaWU>
- Morningside Center for Teaching Social Responsibility: <https://www.morningsidecenter.org/>
- National Institute of Mental Health: <https://www.nimh.nih.gov/health/topics/coping-with-traumatic-events/>
- Teacher, We Cannot Go Back to the Way Things Were, Bettina Love: <https://www.edweek.org/leadership/opinion-teachers-we-cannot-go-back-to-the-way-things-were/2020/04>
- Three Trauma Informed Practices Backed by Science: <https://www.youtube.com/watch?v=Gv-SxltPY&t=101s>
- Trauma and Learning Policy Initiative: <https://traumasensitiveschools.org>
- Toward a Theory of Critical Care in Urban Small School Reform: <https://www.tandfonline.com/doi/abs/10.1080/09518390600773148>
- We Don't Got Time for Grumbling: Toward an Ethic of Radical Care in Urban School Leadership: <https://journals.sagepub.com/doi/abs/10.1177/0013161X20925892>
- The Whole Brain Child Refrigerator Sheet: <https://411d9f10jrx30gr072v5el2-wpengine.netdna-ssl.com/wp-content/uploads/2018/10/Whole-Brain-Child-Refrigerator-Sheet.pdf>
- Why we Need Trauma Sensitive Schools: <https://www.youtube.com/watch?v=vyQdOLl6d2c>