

Stress, Trauma, & Resilience Resources

(Compiled by Glenn Schiraldi, glenn@umd.edu)

Good Reads

- Brooks, A. C. **Gross National Happiness: Why Happiness Matters for America—and How We Can Get More of It.** New York: Basic. An accomplished researcher draws upon large and reputable data bases and research, mostly from recent studies, to draw conclusions on topics ranging from politics, family, and religious values as they relate to happiness.
- Lyubomirsky, S. **The How of Happiness: A Scientific Approach to Getting the Life You Want.** New York: Penguin. A masterful combination of solid research and practical, tested methods to enhance happiness.
- Neff, K. **Self-Compassion: The Proven Power of Being Kind to Yourself.** New York: William Morrow. Self-compassion is central to healing from toxic stress. Also go to <https://self-compassion.org> for self-compassion self-assessment and other useful tools.
- Schiraldi, G. R. **The Adverse Childhood Experiences Recovery Workbook.** Oakland, CA: New Harbinger. Exposure to toxic childhood stress greatly increases the risk of an unbelievably wide range of mental, medical, and functional disorders in adulthood. This workbook explains why. More importantly, it explains powerful, practical skills to heal the hidden wounds from childhood that continue to needlessly cause so much suffering decades later. These skills rewire old neural circuits in ways based on new findings in neuroscience, attachment, resilience, and trauma. Also guidance for seeking the right professional help when needed.
- Schiraldi, G. R. **The Resilience Workbook.** Oakland, CA: New Harbinger. Diverse skills to prevent & recover from stress-related illnesses, AND to optimize mental health & performance.
- Schiraldi, G. R. **The Post-Traumatic Stress Disorder Sourcebook.** New York: McGraw-Hill. The nature & treatments (self-managed, professionally managed, group) of post-traumatic stress disorder, which can result from adversities ranging from sexual abuse to combat.
- Schiraldi, G. R. **The Self-Esteem Workbook.** Oakland, CA: New Harbinger. Skills to build wholesome, mature self-esteem, which helps to prevent & facilitate recovery from anxiety, depression, and other stress conditions.

Finding a Trauma Therapist / Specialist

- **SIDRAN Institute**, Derwood, MD. [410-825-8888; help@sidran.org; www.sidran.org]. Provides names of local trauma specialists; readings, & other resources.
- **Accelerated Resolution Therapy.** (ART; Orlando, FL; 877-675-7153; <https://acceleratedresolutiontherapy.com>). ART is a promising treatment using eye movements that erases old disturbing images and replaces them with positive ones. Early research indicates it is rapid and effective. Go to their website to find an ART therapist.
- **Intensive Trauma Resolution** (800-510-6383; www.helpfortrauma.org). Locate a therapist trained in ITR, which helps one settle and complete the trauma story in a relatively quick and well-tolerated way, virtually or in person. Also trains parents, educators, and therapists.

Resilience Training

- Learn skills to strengthen yourself inwardly to lessen the elevated stress and trauma so many are feeling. Resilience training prevents and facilitates recovery from stress-related conditions (such as anxiety, depression, and PTSD), while optimizing mood, mental health, and daily functioning. Online or face-to-face. Go to **Resilience Training International** (www.ResilienceFirst.com).

Online Course

- **Your Healing Narrative: Write-to-Heal With Neural Re-Narrating.**™ (<https://donna-jackson-nakazawa.mykajabi.com/store>). Reset your brain's neural pathways to enhance your inner resiliency and flourish—even in the face of adversity.