

SOMATICS & TRAUMA READING AND RESOURCE LIST

SOMATICS

The Anatomy of Change: a Way to Move through Life's Transitions by Richard Strozzi Heckler (North Atlantic Books, 1984, 1993).

Being Human at Work Edited by Richard Strozzi Heckler (North Atlantic Books, 2003).

Bioenergetics by Alexander Lowen (Penguin, 1994).

Body-Centered Psychotherapy: The Hakomi Method: The Integrated Use of Mindfulness, Nonviolence and the Body by Ron Kurtz (Life Rhythm, 1990).

The Body in Psychotherapy: Inquiries in Somatic Psychology (Body in Psychotherapy, Vol. 3) by Don Hanlon Johnson (North Atlantic Books, 1998).

The Body in Recovery: Somatic Psychotherapy and the Self by John P. Conger (Frog Ltd., 1994).

Bone, Breath, & Gesture: Practices of Embodiment (Bone, Breath, & Gesture) by Don Hanlon Johnson (North Atlantic Books, 1995).

Emotional Anatomy: The Structure of Experience by Stanley Keleman (Center Press, 1986).

Getting in Touch: A Guide to New Body-Centered Therapies by Christine Caldwell (Quest Books, 1997).

Getting Our Bodies Back by Christine Caldwell (Shambhala, 1996).

Healing Sex: A Mind/Body Approach to Healing Sexual Trauma by Staci Haines (Cleis Press 1999, 2007).

Healing Sex DVD: A Mind/Body Approach to Healing Sexual Trauma by Staci Haines (DVD by SIR Productions, 2004).

Holding the Center: Sanctuary in a Time of Confusion by Richard Strozzi Heckler (Frog, Ltd., 1997).

The Intuitive Body: Aikido as a Clairsentient Practice by Wendy Palmer (North Atlantic Books, 1994).

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).

Somatics: Reawakening the Mind's Control of Movement, Flexibility, and Health by Thomas Hanna (HarperCollins Publishers, 1988).

The Survivor's Guide to Sex: How to Have an Empowered Sex Life after Child Sexual Abuse by Staci Haines (Cleis Press, 1999).

Your Body Speaks Its Mind by Stanley Keleman (Center Press, 1981).

TRAUMA

Attachment, Trauma, and Healing: Understanding and Treating Attachment Disorder in Children and Families by Terry M. Levy, Michael Orlans (CWLA/Child Welfare League of America Press, 1998).

The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment by Babette Rothschild (W. W. Norton & Company, 2000).

Post-Traumatic Stress Disorder Sourcebook by Glenn R. Schiraldi (McGraw-Hill, 2000).

Trauma and Recovery: The Aftermath of Violence from Domestic Abuse to Political Terror by Judith Lewis Herman, M.D. (Basic Books, 1993).

Victims of Cruelty: Somatic Psychotherapy in the Treatment of Posttraumatic Stress Disorder by Marianna Eckberg (North Atlantic Books, 2000).

Waking the Tiger: Healing Trauma: The Innate Capacity to Transform Overwhelming Experiences by Peter A. Levine, Ann Frederick (North Atlantic Books, 1997).

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

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

Traumatic Stress: The Effects of Overwhelming Experience on Mind, Body, and Society by Bessel A. van der Kolk MD, Alexander C. McFarlane, Lars Weisaeth (The Guilford Press, 2006)

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)

Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others by Laura Van Dernoot Lipsky and Connie Burk (Berrett-Koehler Publishers, 2009)

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

SEXUAL TRAUMA

Abused Boys: The Neglected Victims of Sexual Abuse by Mic Hunter (Ballantine Books, 1991).

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

Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse by Ellen Bass and Laura Davis (HarperCollins, 1988, 1994, 2008).

Healing Sex: A Mind/Body Approach to Healing Sexual Trauma by Staci Haines (Cleis Press 1999, 2007) and (DVD by SIR Productions, 2004).

No Secrets No Lies: How Black Families Can Heal from Sexual Abuse by Robin Stone (Broadway, 2004).

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

Victims No Longer: Men Recovering from Incest and Other Sexual Child Abuse by Mike Lew, Ellen Bass (Perennial, 1990).

When Survivors Give Birth: Understanding and Healing the Effects of Early Sexual Abuse on Childbearing Women by Penny Simkin, Phyllis Klaus (Classic Day Publishing, 2004).

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).

Genome: The Autobiography of a Species in 23 Chapters by Matt Ridley (HarperCollins, 2000).

Mind Wide Open: Your Brain and the Neuro-Science of Everyday Life by Steven Johnson (Scribner, 2004).

Molecules of Emotion: The Science Behind Mind/Body Medicine by Candace Pert, Ph.D. (Touchstone, Simon and Schuster, 1997).

A Whole New Mind: Why Right-Brainers Will Rule the Future by Daniel H. Pink (Riverhead Books 2006)

Why Zebras Don't Get Ulcers, Third Edition by Robert M. Sapolsky (W. H. Freeman, 1994) (Owl Books, 2004).

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))

A General Theory of Love by Thomas Lewis, Fari Amini, and Richard Lannon (Vintage, 2001)

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

Descartes' Error: Emotion, Reason, and the Human Brain by Antonio Damasio (Penguin, 2005)

The Feeling of What Happens, Body & Emotion in the Making of Consciousness, Antonio Damasio (Mariner Books, 2000)

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)

Boys Will Be Boys: Breaking the Link Between Masculinity and Violence by Myriam Miedzian (Doubleday, 1991) (Lantern Books, 2002)

The Chalice and the Blade: Our History, Our Future by Riane Eisler (Harper San Francisco, 1988)

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)

A Human Being Died That Night: A South African Story of Forgiveness by Pumla Gobodo-Madikizela (Mariner Books April 19, 2004)

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).

Whitewashing Race: The Myth of a Color-Blind Society edited Michael K. Brown (University of California Press, 2003).

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)

Readings for Diversity and Social Justice: An Anthology on Racism, Anti-Semitism, Sexism, Heterosexism, Ableism, and Classism; Edited by Maurianne Adams, Warren Blumenfeld, Calmelita Castaneda, Heather Hackman, Madeline Peters & Ximena Zuniga (Routledge, 2000)

Pedagogy of the Oppressed by Paulo 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)

The Edward Said Reader by Edward Said, Moustafa Bayoumi and Andrew Rubin (Vintage, 2000)

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)

Feminism Without Borders: Decolonizing Theory, Practicing Solidarity by Chandra Talpade Mohanty (Duke University Press, 2003)

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)

When Victims Become Killers: Colonialism, Nativism, and the Genocide in Rwanda by Mahmood Mamdani (Princeton University Press, 2002)

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)

Not Vanishing by Chrystos (Press Gang Publishers, 1989)

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)

Finding Freedom: Writings From Death Row by Jarvis Jay Masters (Padma Publishing, 1997)

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)

The Woodsman (2004)

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.