

There are many exciting sources for learning about trauma, healing and resilience! Here are just a few books, articles and podcasts. What are you reading and hearing? Email R. Jessica Rosenberg, Project Director, Trauma Informed Rabbinic Training Program: jrosenberg@rrc.edu

Systemic Trauma, Community Healing:

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).

Renee Linklater, *Decolonizing 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.

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

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).

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)

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

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

[Hashivenu Podcast](#)

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

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

Healing 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

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

[Healing Justice Podcast](#)

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)