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*


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

**Embodied Trauma and Healing**

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](#))


**Jewish Trauma and Healing, Spirituality and Healing**


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**

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