



# Recommended resources on trauma and recovery: for survivors

Reading information about trauma and recovery can assist you to understand your reactions in response to your trauma experiences, provide insight into how you are functioning now, and offer ideas to support your recovery.


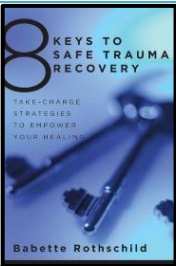
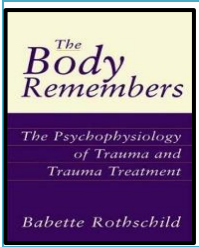
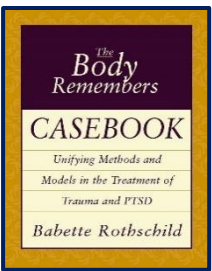
It is important that you read information that is relevant to you and your current situation.

If you have limited finances, remember that a lot of information is available for free (e.g., online, at community libraries).



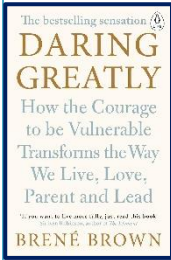
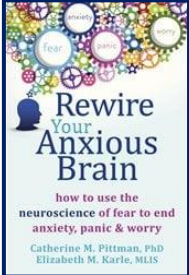
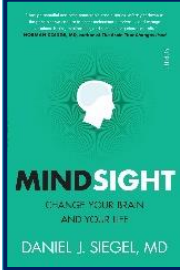
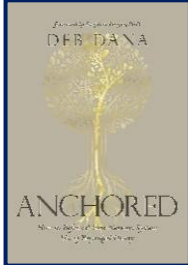
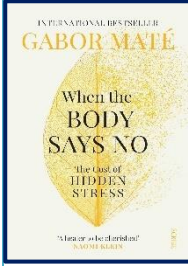
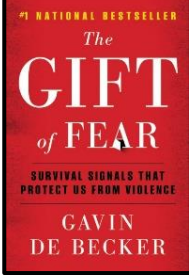
The [\*\*SARC website\*\*](#) also has a selection of information on trauma and recovery.

## Books

Book Image and Title	Author/s
 <p>The Body Keeps the Score: Mind, Brain, and Body in the Transformation of Trauma.</p>	Bessel Van Der Kolk
<p>8 Keys to Safe Trauma Recovery.</p> 	Babette Rothschild
 <p>The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment.</p>	Babette Rothschild
<p>The Body Remembers Casebook: Unifying Methods and Models in the Treatment of Trauma and PTSD.</p> 	Babette Rothschild



## Books continued...

Book Image and Title	Author/s
 <p data-bbox="256 342 967 510"><b>Daring Greatly:</b> How the Courage to be Vulnerable Transforms the Way We live, Love, Parent and Lead.</p>	<p data-bbox="1131 405 1353 443">Brené Brown</p>
<p data-bbox="78 618 722 741"><b>Rewire your Anxious Brain:</b> How to use the neuroscience of fear to end anxiety, panic, and worry.</p>	 <p data-bbox="1070 667 1414 748">Catherine Pittman &amp; Elizabeth Karle</p>
 <p data-bbox="264 904 799 985"><b>Mindsight:</b> Change your brain and your life.</p>	<p data-bbox="1110 994 1374 1032">Daniel J. Siegel</p>
<p data-bbox="78 1187 718 1310"><b>Anchored:</b> How to Befriend your Nervous System Using Polyvagal System.</p>	 <p data-bbox="1155 1256 1329 1294">Deb Dana</p>
 <p data-bbox="272 1514 703 1594"><b>When the Body Says No:</b> The cost of hidden stress.</p>	<p data-bbox="1142 1536 1342 1574">Gabor Maté</p>
<p data-bbox="78 1787 703 1910"><b>The Gift of Fear:</b> Survivor Signals that Protect us from Violence.</p>	 <p data-bbox="1098 1827 1385 1865">Gavin de Becker</p>



## Books continued...

Book Image and Title		Author/s
 <p>Lost Connections: Uncovering the Real Causes of Depression – and the Unexpected Solutions.</p>	Johann Hari	
 <p>Stolen Focus: Why You Can't Pay Attention.</p>	Johann Hari	
 <p>Adult Children of Emotionally Immature Parents: How to Heal from Distant, Rejecting or Self-Involved Parents.</p>	Lindsay C. Gibson	
 <p>Anxiety: Expert advice from a neurotic shrink who's lived with it all his life</p>	Dr. Mark Cross	
 <p>It Didn't Start With You: How inherited family trauma shapes who we are and how to end the cycle.</p>	Mark Wolynn	
 <p>You, Me and a Cup of Tea: Breaking the Cycle of Child Sexual Abuse.</p>	Monica Macoun	



## Books continued...

Book Image and Title	Author/s
<p>How To Do The Work: Recognise your patterns, heal from your past &amp; create your self.</p>	 <p>Nicole LePera</p>
 <p>Trauma: The Invisible Epidemic: How Trauma Works and How we Can Heal From It.</p>	<p>Dr. Paul Conti</p>
<p>You're Not Broken: Break free from trauma and reclaim your life.</p>	 <p>Sarah Woodhouse</p>
 <p>Trauma is Really Strange</p>	<p>Steve Haines &amp; Sophie Standing</p>
<p>The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse. (Third Edition)</p>	 <p>Wendy Maltz</p>



## Websites

Title	Focus	Link
Beyond Blue	Information and support related to depression, suicide, anxiety disorders and other related mental illnesses.	<a href="#">Get mental health support - Beyond Blue</a>
Black Dog Institute	Mental health resources and tools.	<a href="#">Mental health resources and tools - Black Dog Institute   Better Mental Health</a>
Blue Knot	Information for adult survivors of abuse, neglect, violence sexual trauma.	<a href="#">Blue Knot Foundation</a>
Butterfly Foundation	Support for eating disorders and body image issues.	<a href="#">Support for Eating Disorders and Body Image Issues   Butterfly Foundation</a>
Head to Health	Support for mental health & wellbeing.	<a href="#">Home   Head to Health</a>
Kids Helpline	Australia's free confidential 24/7 online and phone counselling service for young people aged 5 to 25.	<a href="#">Kids Helpline   Phone Counselling Service   1800 55 1800</a>
MindSpot	Counselling service and self-help information for anxiety, depression, stress, OCD, PTSD, and chronic pain.	<a href="#">MindSpot Clinic - Free Online Mental Health Support</a>
PANDA	Mental health support for parents and families during pregnancy and 1 <sup>st</sup> year of parenthood.	<a href="#">PANDA   Support that's always there, for you and your family</a>
QGuides	Resources for LGBTIQ+ people on a range of complex topics	<a href="#">QGuides (qlife.org.au)</a>
SANE Australia	Mental health & trauma information for survivors and their families, friends & communities	<a href="#">SANE Australia</a>
Call Back Service	Information about a range of mental health issues including mood disorders, anxiety, depression, and suicide	<a href="#">Mental health counselling   Suicide Call Back Service</a>

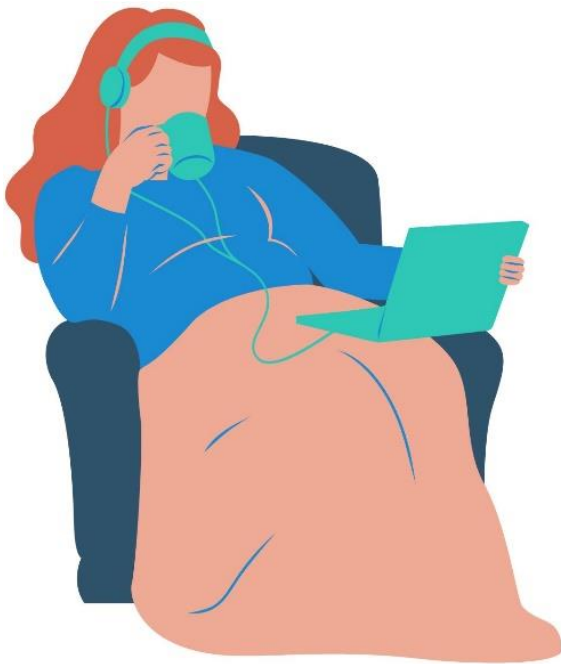


## Websites continued...

Title	Focus	Link
The Resilience Project	Delivering emotionally engaging programs with evidence-based, practical wellbeing strategies to build resilience.	<a href="#">The Resilience Project</a>

## Podcasts

Title	Focus	Link
Shrink Rap Radio	Podcasts featuring in-depth interviews with major figures from around the broad world of psychology.	<a href="#">Shrink Rap Radio   Psychology Interviews: Exploring brain, body, mind, spirit, intuition, leadership, research, psychotherapy and more!</a>



General information and resources relating to trauma and recovery are available on the [SARC website](#)

