Trauma and Mental Health Resources

**BOOKS**


The Sound of Hope: Recognizing, Coping with, and Treating Your Child's Auditory Processing Disorder, by Lois Kam Heymann.


BOOKLETS


BOOKS FOR PROFESSIONALS


Trauma and Recovery: From Domestic Abuse to Political Terror, Judith Lewis Herman. London: Pandora, 2001.


WEBSITES

Center on the Developing Child Harvard University
http://developingchild.harvard.edu/
This center puts forth cutting edge videos and articles about the effect of toxic stress – the kind that occurs due to early childhood trauma – on infants, toddlers and children. It leads the way for parents and professionals to apply current neuroscience to improve the quality of life for the traumatized child as well as each of the adoptive family. I particularly like the article, “Executive Function: Skills for Like and Learning.” Executive functions help us thrive in our relationships and our academic endeavors – in our life! The article offers concrete ways to facilitate the development of these very important skills.

Channing Bete Company
www.channing-bete.com

This company produces booklets and workbooks for parents to use with children of all ages. Topics range from abuse, neglect, mental health disorders, dating, peer relationships, feelings, prejudice, discrimination, life skills and etc.

Child Trauma Academy (CTA)
www.childtrauma.org

CTA recognizes the crucial importance of childhood experiences in shaping the health of the individual and, ultimately, society. A major activity of the CTA is to translate emerging findings about the human brain and child development into practical implications for the ways we
nurture, protect, enrich, educate and heal children. This site contains many valuable articles related to attachment, trauma, and grief and loss. There are also free online courses pertaining to attachment, brain development and the impact of trauma on children development.

**National Child Traumatic Stress Network**  
[www.nctsn.org](http://www.nctsn.org)

NCTSN is a unique collaboration of academic and community-based service centers whose mission is to raise the standard of care, and increase access to services for traumatized children and their families across the United States. Combining knowledge of child development, expertise in the full range of child traumatic experiences and attention to cultural perspectives, the NCTSN serves as a national resource for developing and disseminating evidence-based interventions, trauma-informed services, and public and professional education. This website is a must read for parents and professionals. It covers the impact of all types of trauma on the child's development. There are articles and videos viewable online.

**National Institute of Mental Health (NIMH)**  

NIMH is the largest scientific organization in the world dedicated to research focused on the understanding, treatment, and prevention of mental disorders and the promotion of mental health. The website provides thorough descriptions and treatment options for all mental health diagnoses. Along with each disorder treatment recommendations are included.

**The National Organization on Fetal Alcohol Syndrome (NOFAS)**  
[www.nofas.org](http://www.nofas.org)

NOFAS is the leading voice and resource of the Fetal Alcohol Spectrum Disorders (FASD) community. This website provides articles and additional resources for those parenting or working with children with FASD.

**The Trauma Center**  
[www.traumacenter.org](http://www.traumacenter.org)

The Trauma Center provides comprehensive services to traumatized children and adults, and their families. The Executive Director is Joseph Spinazzola, PhD and the Medical Director and Founder is Bessel van der Kolk, MD—these two prominent professionals are part of the group responsible for the creation of the new means to describe trauma — complex trauma. In addition to clinical services, the Trauma Center offers training, consultation and educational programming for postgraduate mental health professionals. Their Certificate Program in Traumatic Stress Studies has state-of-the-art seminars, lectures and supervision groups. Their Weekly Lecture Series is open to all mental health professionals.