

Trauma-Informed Yoga and Meditation Practices for Youth and Teens

Presentation by Emily Saderholm

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Resource List

BOOKS

Trauma-Informed Mindfulness for Teens: A Guide for Mental Health Professionals 1st Edition by Sam Himelstein (November 2019 publication date)

In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness by Peter A. Levine

The Pocket Guide to the Polyvagal Theory: The Transformative Power of Feeling Safe (Norton Series on Interpersonal Neurobiology) 1st Edition by Stephen W. Porges

The Tapping Solution: A Revolutionary System for Stress-Free Living by Nick Ortner

The Tapping Solution for Parents, Children & Teenagers: How to Let Go of Excessive Stress, Anxiety and Worry and Raise Happy, Healthy, Resilient Families by Nick Ortner

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel van der Kolk

WEBSITES

Center for Adolescent Studies

<https://centerforadolescentstudies.com/>

Free online training: ***Trauma Basics for Youth Workers***

Integrative Treatment of Complex Trauma for Adolescents (ITCT-A)

<https://keck.usc.edu/adolescent-trauma-training-center/about-itct-a>

Free access to the ***Integrative Treatment for Complex Trauma for Adolescents Treatment Guide***

The Tapping Foundation

<https://www.tappingsolutionfoundation.org/educatorparent-corner/>

The Trauma Center

http://www.traumacenter.org/resources/tc_resources.php

(Cont.)

ARTICLES

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Crews, D. A., Stolz-Newton, M., & Grant, N. S. (2016). ***The use of yoga to build self-compassion as a healing method for survivors of sexual violence***. *Journal of Religion & Spirituality in Social Work: Social Thought*, 35(3), 139–156.

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Wagoner, Dee. (Counseling Today June 27, 2016) ***Polyvagal Theory in Practice***.
<https://ct.counseling.org/2016/06/polyvagal-theory-practice/>