

Recommended Reading

Non-Fiction

Trauma and Recovery: The Aftermath of Violence, From Domestic Abuse to Political Terror

By Judith Herman

Key themes: complex trauma, domestic violence, steps to healing

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma

By Bessel van der Kolk

Key themes: memory, relationships, reconnecting to the body, neuroplasticity

When the Body Says No: The Cost of Hidden Stress

By Gabor Maté

Key themes: trauma, psychoneuroimmunology

ACOA Trauma Syndrome: The Impact of Childhood Pain on Adult Relationships

By Tian Dayton

Key themes: adult children of alcoholics, self-medication, breaking the cycle

Healing the Soul Wound: Counselling With American Indians and Other Native Peoples

By Eduardo Duran

Key themes: internalized oppression, clinical racism, historic trauma, Indigenous approaches to healing

Legacy: Trauma, Story, and Indigenous Healing

By Suzanne Methot

Key themes: complex trauma, childhood trauma, human development, lateral violence, Indigenous approaches to healing, decolonization, social justice

Stolen Life: The Journey of a Cree Woman

By Rudy Wiebe and Yvonne Johnson

Key themes: childhood trauma, incarceration, cultural reclamation

For Joshua: An Ojibway Father Teaches His Son

By Richard Wagamese

Key themes: fasting, self-development, Indigenous oral tradition

Fiction

Porcupines and China Dolls

By Robert Arthur Alexie

Key themes: residential school syndrome, alcoholism, suicide, healing through narrative

Birdie

By Tracey Lindberg

Key themes: dissociation, self-destruction, time and memory, ceremony, spiritual transformation