



PRESENCE-BASED®
COACHING

PBC Resource List on Coaching + Trauma

Books

- Gendlin, E.T. (1982). *Focusing* (2nd edition). New York, NY: Bantam.
- Gordon, J. S. (2019). *The transformation: Discovering wholeness and healing after trauma*. New York, NY: HarperOne.
- Levine, P. (1997). *Waking the tiger: Healing trauma*. Berkeley, CA: North Atlantic Books.
- Menakam, R. (2017) *My Grandmother's Hands: Racialized Trauma and the Pathway to Mending our Hearts and Bodies*. Las Vegas, NV: Central Recovery Press.
- Ogden, P., Kekuni, M., Pain, C. (2006). *Trauma and the body: A sensorimotor approach to psychotherapy*. New York, NY: W. W. Norton & Company.
- Schwartz R. & Sweezy M. (2019). *Internal Family Systems Therapy* (2nd edition). New York, NY: The Guilford Press.
- Treleaven, D. (2018). *Trauma-Sensitive Mindfulness: Practices for safe and transformative healing*. New York, NY: W. W. Norton & Company.
- Van der Kolk, B. (2015). *The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma*. New York, NY: Viking Press.
- Wolynn, M. (2016). *It Didn't Start with You: How Inherited Family Trauma Shapes Who We are and How to End the Cycle*. New York, NY: Viking Press.

Links

- [ACEs](#) – Adverse Childhood Experiences
- [Child Trauma Academy](#) – Dr. Bruce Perry
- [Dr. Diane Poole Heller](#) – Somatic Attachment & Trauma Expert
- [Embodying Psychotherapy](#) – Maureen Gallagher
- [EMDR](#) – Eye Movement Desensitization and Reprocessing
- [Epigenetics](#)
- [The Family Constellation Institute](#) - Mark Wolynn, Inherited Family Trauma – It didn't start with you... but it can end with you
- [ICF White Papers](#)
- [Internal Family Systems](#) – IFS Institute
- [International Critical Incident Stress Foundation](#) – Critical Incident Stress Management training
- [International Somatic Psychology](#) – Raja Selvam
- [Lakeside](#) – Trauma Training for Educators & Professionals



- [National Institute for the Clinical Application of Behavioral Medicine](#) - Trainings & Trauma infographics
- [Polyvagal Theory: The Science of Feeling Safe](#) - Dr. Stephen Porges, Integrated Learning Systems
- [Psychology Today](#)
- [Somatics for Healing](#) - Dr. Abi Blakeslee
- [Somatic Practice](#) - Kathy L. Kain, Professional Development & Training in Touch and Trauma Recovery
- [Tara Brach](#) - Talks: Audio & Video
- [Trauma Healing](#) - Peter Levine, Somatic Experiencing International
- [Trauma Sensitive Mindfulness](#) - David Treleaven
- [TRE®](#) - Tension & Trauma Releasing Exercises