

Trauma Aware Resources for ASE Facilitators, Coaches & Therapists



Key Articles:

1. [Trauma-informed coaching: A transpersonal perspective \(Dängeli, 2023\)](#)
2. [Posttraumatic Growth with the support of transpersonal coaching \(Dängeli, 2024\)](#)

Webinars, Interviews & Podcasts on YouTube:

1. [Understanding Posttraumatic Growth | Richard Tedeschi & Bret Moore \(2024\)](#)
2. [Expert Companionship: Facilitating Posttraumatic Growth | Tedeschi & Moore \(2024\)](#)
3. [What is Trauma? | Gabor Mate, Richard Schwartz, Peter Levine, Dan Siegel, Alanis Morissette](#)
4. [Constructive & Ethical Approaches in Coaching when Trauma Presents | Julia Vaughan Smith](#)
5. [Trauma Informed Leadership & Coaching | Julia Vaughan Smith](#)
6. [Building Inner Safety for Deep Healing | Peter Levine | Trauma Conference 2023](#)
7. [The 5 Levels of Compassion | Gabor Mate | Trauma Conference 2023](#)
8. [How to Cultivate a State of Safety | Stephen Porges | Trauma Conference 2023](#)
9. [Collective Trauma Needs Collective Healing | Thomas Hübl | Trauma Conference 2023](#)
10. [Managing Trauma in the Workplace | Melissa Douglass | Trauma Conference 2023](#)
11. [Finding safety in difference | Kimberly Weeks | Trauma Conference 2023](#)
12. [Overcoming Evolution in Trauma Healing | Dr Ronald Siegel | Trauma Conference 2023](#)
13. [Connecting to our Body as Healer | Peter Levine](#)
14. [Healing Trauma in a Toxic Culture | Gabor Maté | Being Well Podcast](#)
15. [Trauma Causes & Healing | Bessel van der Kolk | Being Well Podcast](#)
16. [Healing Trauma and Spiritual Growth | Peter Levine & Thomas Huebl](#)
17. [Transcending Trauma with Internal Family Systems Therapy \(IFS\) | Richard Schwartz](#)
18. [No Bad Parts | Dr. Richard Schwartz | Sounds True Podcast](#)
19. [Transforming the Living Legacy of Trauma | Janina Fisher | Part 1](#)
20. [Transforming the Living Legacy of Trauma | Janina Fisher | Part 2](#)

21. Integrating somatic approaches to trauma with 'parts' language | Janina Fisher
22. Cultivating Transgenerational Resilience: Healing Ancestral Trauma | Arielle Schwartz
23. How Can We Access and Heal Our Authentic Self? Richard Schwartz & Loch Kelly

Books:

Dana, D. (2020). ***Polyvagal Exercises for Safety and Connection: 50 Client-Centered Practices***. W. W. Norton & Company.

Fisher, J. (2021). ***Transforming The Living Legacy of Trauma: A Workbook for Survivors and Therapists***. PESI Publishing

Haines, S.K. (2019). ***The Politics of Trauma: Somatics, Healing, and Social Justice***. North Atlantic Books

Hübl, T. (2020). ***Healing Collective Trauma: A Process for Integrating Our Intergenerational and Cultural Wounds***. Sounds True.

Hüb, T. (2023). ***Attuned: Practicing Interdependence to Heal Our Trauma***. Sounds True

Levine, P. (2010). ***In an unspoken voice: How the body releases trauma and restores goodness***. North Atlantic Books.

Maté, G. (2022). ***The Myth of Normal: Trauma, Illness, and Healing in a Toxic Culture***. Avery.

Scaer, R. (2014). ***The Body Bears the Burden: Trauma, Dissociation, and Disease*** (3rd ed.). Routledge/Taylor & Francis Group.

Siegel, D. (2022). ***IntraConnected: MWe (Me + We) as the Integration of Self, Identity, and Belonging***. W. W. Norton & Company.

Schwartz, A. (2020). ***The posttraumatic growth guidebook: Practical mind-body tools to heal trauma, foster resilience, and awaken your potential***. PESI Publishing.

Schwartz, R. (2021). ***No Bad Parts: Healing Trauma and Restoring Wholeness with the Internal Family Systems Model***. Sounds True.

Taylor, K. (2017). ***The Ethics of Caring: Finding Right Relationship With Clients***. Hanford Mead Pub.

Tedeschi, R & Moore, B. (2016). ***The Posttraumatic Growth Workbook***. New Harbinger Publications.

Tedeschi, R. G., Shakespeare-Finch, J., Taku, K., & Calhoun, L. G. (2018). ***Posttraumatic growth: Theory, research, and applications***. NY: Routledge.

Van Der Kolk, B. (2015). ***The Body Keeps the Score***. Penguin Random House.

Vaughan Smith, J. (2019). ***Coaching and Trauma***. Open University Press.

Dr. Aimie Apigian's free Biology of Trauma® 3-Video Training for Professionals:

In these 3 videos, you'll be introduced to -

1. The difference between the stress response and a trauma response
2. How to identify which specific state a client is in, so you know which steps to take next
3. Dr. Apigian's "Essential Sequence" to address stored trauma in the body, guided by biology and physiology
4. What a Biology of Trauma® means and why it must be supported for trauma recovery
5. How to identify which somatic, parts and biology repair tools to use first
6. The three patterns of stored trauma in the body
7. Specific techniques for establishing safety and support.
8. The 3 things the body needs to come out of a chronic or acute trauma

[Register for the free videos in this link](#)

Somatic Internal Family Systems (SIFS) by Susan McConnell:

1. [The Evolution of Somatic IFS - Susan McConnell](#)
2. [SIFS Tool 1 - Somatic Awareness](#)
3. [SIFS Tool 2 - Conscious Breathing](#)
4. [SIFS Tool 3 - Somatic Resonance](#)
5. [SIFS Tool 4 - Mindful Movement](#)
6. [SIFS Tool 5 - Attuned Touch](#)
7. [SIFS Tool 6 - Embodied Self](#)

Related resources:

1. [A Guide to Rewiring Early Childhood Attachment Gaps](#)
2. [Attachment Pains - A Roadmap for Accelerating the Healing Journey](#)
3. [Open Awareness Handbook](#)
4. [Open Awareness for Change Initiative](#)
5. [Open Awareness Journal Publications](#)
6. [Jumi \(judo mind\) tutorial videos](#)
7. [Spacebook](#)