

# Trauma-Related Resources

## Books:

- ***The Grief Tower: A Practical Guide to Processing Grief with Third Culture Kids*** (for kids/families) and ***Unstacking Your Grief Tower*** (for adult TCKs) by Lauren Wells; helpful to work through small “t” traumas that TCKs often experience; Wells also offers workshops and debrief trainings at [www.tcktraining.org](http://www.tcktraining.org)
- ***The Connected Child*** and ***Trust Based Relational Intervention (TBRI)*** by Karen Purvis are resources that can help with children who have been traumatized <https://www.youtube.com/watch?v=FWScSJKjn1A> and <https://child.tcu.edu/podcast>
- ***A Guide for Listening and Inner-Healing Prayer: Meeting God in Broken Places*** by Rusty Rustenbach
- ***Does my Child have PTSD: What to Do When Your Child is Hurting from the Inside Out*** by Jolene Philo
- ***It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle*** by Mark Wolynn
- ***Childhood Disrupted: How Your Biology Becomes Your Biography and How You Can Heal*** by Donna Jackson Nakazawa
- ***The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma*** by Bessel van der Kolk, M.D.
- ***First Aid for Emotional Hurts*** book series by Dr. Eddie Moody
- ***1 2 3 Care Manual: Trauma Sensitive Toolkit for Caregivers of Children*** <https://srhd.org/1-2-3-care-toolkit> offers a free download of a manual for caregivers of children who have experienced trauma; includes lots of ideas to do with kids
- ***The Little Book of Trauma Healing: Revised & Updated: When Violence Strikes and Community is Threatened*** by Carolyn Yoder
- ***The Anatomy of the Soul*** by Curt Thompson, M.D.

## Children's Books

- *The Moon is Always Round* by Jonathan Gibson
- *The Rabbit Listened* by Cori Doerrfeld
- *A Terrible Thing Happened* by Margaret M. Holmes
- *Right Now, I am Fine* by Dr. Daniela Owen
- *The Map of Good Memories* by Fran Nuno

## Videos:

- **Still Face Experiment** by Dr. Edward Tronick – shows effects of emotional disconnection <https://www.youtube.com/watch?v=apzXGEbZht0>
- **TED Talk** by Nadine Burke Harris, Pediatrician “How Childhood Trauma Affects Health Across a Lifetime” <https://www.youtube.com/watch?v=95ovIJ3dsNk>

**Research/Survey Results on TCKs in 2021:** “Developmental Trauma in Third Culture Kids (TCKs)” by Lauren Wells & Tanya Crossman [www.tcktraining.com/research](http://www.tcktraining.com/research)

## Therapists/Counselors specializing in Mental Health of TCKs

- **TCK Counseling Network:** <https://www.tckcounseling.com/> This is a network of faith-based, licensed counselors who were TCKs themselves
- **Marie Lang** (art therapist with Frontiers); she offers discounted rates for MKs and will meet virtually <https://marielangarttherapist.weebly.com>
- **International Therapist Directory:** an online listing of professional mental health therapists familiar with the Third Culture Kid and international expatriate experiences. These contacts are located all over the world and may or may not offer discounts to missionaries. <http://internationaltherapistdirectory.com>

## Emotional Support Stuffed Animals:

These stuffed animals were designed by an education consultant to help MKs/TCKs with special needs who may not be able to have a “real” emotional support animal. They can be

used during transitions, in school settings and written into a child's I.E.P. Shop at <https://www.etsy.com/shop/ESATherapyDogs>

## Services to Help Families Working through Trauma

- **Global Trellis** <https://globaltrellis.com> Offers workshops on helping through trauma
- **SIM Global Trauma Healing** workshops are available to all missions; contact Nancy Writebol for current dates/info: [nancy.writebol@sim.org](mailto:nancy.writebol@sim.org)
- <https://postinstitute.com> The Post Institute offers educational materials and supportive services to help parents lead their families on a journey of healing the wounds of complex trauma.
- **Strong Parents, Stable Children** is a program that has resources for those helping families. The manual is available as a free download. <https://ctf4kids.org/about-prevention/protective-factors-training/>

## Brain Development Issues related to Stress & Trauma

### Books:

***The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Brain*** by Daniel J. Siegel, MD and Tina Payne Bryson, PhD

### Websites/Organizations

- Harvard Center for the Developing Child <https://developingchild.harvard.edu/>
  - Experiences Build Brain Architecture <https://www.youtube.com/watch?v=VNNsN9lJkws>
  - Serve and Return Interaction Shapes Brain Circuitry [https://www.youtube.com/watch?v=m\\_5u8-QSh6A](https://www.youtube.com/watch?v=m_5u8-QSh6A)
  - Toxic Stress Derails Healthy Development <https://www.youtube.com/watch?v=rVwFkcOZHJw>
- Alberta Family Wellness Initiative <https://www.albertafamilywellness.org/>
  - The Brain's Journey to Resilience <https://www.youtube.com/watch?v=HJvDrT6N-mw>
- National Institute for the Clinical Application of Behavioral Medicine <https://www.nicabm.com>

Window of Tolerance PDF <https://www.nicabm.com/?s=window+of+tolerance>