



Recommended Reading

- Anderson, F. (2021) *Transcending Trauma: Healing Complex PTSD with Internal Family Systems Therapy*, PESI
- Boon, S., Steele, K., Van Der Hart, O., (2011) *Coping with Trauma-Related Dissociation*, Norton
- Brand, B.L., (2024) *The Concise Guide to the Assessment and Treatment of Trauma-Related Dissociation*, American Psychological Association
- Brand, B.L., Schielke, H.J., Schiavone, F., Lanius, R.A., (2022) *Finding Solid Ground: Overcoming Obstacles in Trauma Treatment*, Oxford University Press Inc.
- Brand, B.L., Lanius, R.A., Schielke, H.J., (2022) *The Finding Solid Ground Program Workbook: Overcoming Obstacles in Trauma Treatment*, Oxford University Press Inc.
- Briere, J. (2019) *Treating Risky and Compulsive Behavior in Trauma Survivors*, Guilford Press
- Briere, J., Scott, C., (2006) *Principles of Trauma Therapy: A Guide to Symptoms, Evaluations and Treatment*, Sage
- [Briere, J., Lanktree, C. \(2012\) *Treating Complex Trauma in Adolescents and Young Adults*, Sage](#)
- [Brown, D.P., Elliott, D.S. \(2016\) *Attachment Disturbances in Adults: Treatment for Comprehensive Repair*, Norton](#)
- Cohen, B., & Cox, C., (1995) *Telling Without Talking: Art as a Window into the World of Multiple Personality*, Norton
- Courtois, C. Ford, J. (Eds) (2103) *Treatment of complex trauma: A sequenced, relationship-based approach*, Guilford
- Courtois, C, Ford, J. (EDS) (2009) *Treating Complex Traumatic Stress Disorder: An Evidence Based Guide*, Guilford
- Dutton; Painter (1981). "Traumatic Bonding: The development of emotional attachments in battered women and other relationships of intermittent abuse". *Victimology: An International Journal* (7).

- Ferentz, L. (2015) *Treating Self-Destructive Behaviors in Trauma Survivors: A Clinician's Guide*, Routledge
- Fisher, J. (2017) *Trauma-Informed Stabilisation Treatment: A New Approach to Treating Unsafe Behaviour*, *Australian Clinical Psychologist*, Volume 3, Issue 1, Article 007
- Fisher, J. (2017) *Healing the Fragmented Selves of Trauma Survivors: Overcoming Internal Self-Alienation*, Routledge
- Fisher, J. (2020) *Transforming the Living legacy of Trauma: A Workbook for Survivors*, PESI
- Lanius, R.A., (2025) *Sensory Pathways to Healing from Trauma: Harnessing the Brain's Capacity for Change*, The Guilford Press
- Nathanson, D. (1992) *Shame and Pride, Affect, Sex and the Birth of the Self*, W.W. Norton
- Nijenhuis, E. (2004) *Somatoform Dissociation: Phenomena, Measurement, & Theoretical Issues*, WW Norton
- Nummenmaa, L., Hari, R., Glerean, E., Hietanen, J., (2014) *Bodily Maps of Emotions*, *Proceedings of the National Academy of Sciences of the United States of America*
- Ogden, P., Fisher, J. (2015) *Sensorimotor Psychotherapy: Interventions for Trauma and Attachment*, WW Norton
- Ogden, P., Minton, K., Pain, C. (2006) *Trauma and the Body: A Sensorimotor Approach to Psychotherapy*, WW Norton
- Perry, B.D. (2006) *The Neurosequential Model of Therapeutics: Applying principles of neuroscience to clinical work with traumatized and maltreated children* In: *Working with Traumatized Youth in Child Welfare* (Nancy Boyd Webb, Ed.), The Guilford Press, New York, NY, pp. 27-52
- Ross, C.A., Halpern, N. (2009) *Trauma Model Therapy: A Treatment Approach For Trauma, Dissociation And Complex Comorbidity*, Manitou Communications Inc.
- Schwartz, R., Sweezy, M. (2020), *Internal Family Systems Therapy*, second Edition, Guilford
- Somer, E., Somer, L., Halpern, N. (2019) *Representations of maladaptive daydreaming and the self: A qualitative analysis of drawings*, *The Arts in Psychotherapy*, 63, (2019) 102-110
- Taylor, Shelley E.; Klein, Laura Cousino; Lewis, Brian P.; Gruenewald, Tara L.; Gurung, Regan A. R.; Updegraff, John A. (2000). "Biobehavioral responses to stress in females: Tend-and-befriend, not fight-or-flight". *Psychological Review*. 107(3): 411–29.
- Van der Hart, O., Nijenhuis, E., Steele, K. (2006) *The Haunted Self: Structural Dissociation and the Treatment of Chronic Traumatization*, Norton.
- Van der Kolk, B., (2014), *The Body Keeps the Score: Mind, Brain and Body in the Transformation of Trauma*, Allen Lane