

# Traumatic Stress Resource List

## Pediatric Epilepsy Surgery Alliance Family Conference

### August 2024

#### Websites:

National Child Traumatic Stress Network:

<https://www.nctsn.org/>

Center for Parent Information and Resources:

<https://www.parentcenterhub.org/national-child-traumatic-stress-network/>

Zones of Regulation Curriculum and Tools

<https://zonesofregulation.com/resources/>

#### Applications:

**Calm** – children and adults, guided meditation, relaxation and breathing exercises

**Headspace** – children and adults, guided exercises (relaxation, meditation, breathing, thinking)

**Smiling Mind** – children and adults, meditation exercises with focus on mindfulness

**Clarity** – adults, cognitive-behavioral therapy strategies for managing stress and anxiety

**Positive Penguins** – children, positive thinking/resilience building exercises

**Emotional ABCs** – children, learn emotions and self-regulation skills

**Mightier** – children (6-14 years), build calming skills through games

**Mindshift CBT** – adults, CBT strategies to help manage anxiety and stress

#### Books (Adults):

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

Bessel van der Kolk M.D.

*Practicing Mindfulness*

Matthew Sockolov

*Retrain Your Brain: Cognitive Behavioral Therapy in 7 Weeks: A Workbook for Managing Depression and Anxiety*

Seth J. Gillihan PhD

*Parenting Traumatized Children with Developmental Differences: Strategies to Help Your Child's Sensory Processing, Language Development, Executive Function and Challenging Behaviours*

Sara McLean

**Books (young children):**

*When Harley Has Anxiety*  
Regine Galanti PhD

*Brave Bart*  
Caroline H Sheppard

*The Color Monster*  
Anna Llenas

*A Little SPOT of Anxiety: A Story About Calming Your Worries*  
Diane Alber

*Sometimes I'm Anxious: A Child's Guide to Overcoming Anxiety*  
Poppy O'Neill

*The Big Feelings Little Workbook series*  
Imogen Harrison

**Books (older children):**

*CBT Toolbox for Children and Adolescents*  
Lisa Phifer

*The Kids Guide to Staying Awesome and in Control*  
Lauren Brukner

*The Trauma Treatment Toolbox for Teens: 144 Trauma Informed Worksheets and Exercises to Promote Resilience, Growth & Healing*  
Kristina Hallett and Jill Donelan

*The Trauma-Informed Social-Emotional Toolbox for Children & Adolescents: 116 Worksheets & Skill-Building Exercises to Support Safety, Connection & Empowerment*  
Lisa Weed Phifer and Laura Sibbald

*Healing Days: A Guide For Kids Who Have Experienced Trauma*  
Susan Farber Straus PhD and Maria Bogade