

Somatic Therapy Book Recommendations/Resources:

- John Bradshaw, "Healing the Shame that Binds You"
- Nadine Burke Harris, "The Deepest Well: Healing the Long-Term Effects of Childhood Adversity"
- Clarissa Pinkola Estes, "Women Who Run With the Wolves: Myths and Stories of the Wild Woman Archetype"
- Stephanie Foo, "What My Bones Know: A Memoir of Healing From Complex Trauma"
- Lindsay C. Gibson, "Adult Children of Emotionally Immature Parents: How to Heal from Distant, Rejecting, or Self-Involved Parents"
- Janina Fisher, "Healing the Fragmented Selves of Trauma Survivors: Overcoming Internal Self-Alienation"
- Judith Herman, "Trauma and Recovery: The Aftermath of Violence - From Domestic Abuse to Political Terror"
- Nicole LePera, "How To Do The Work: Recognize Your Patterns, Heal From Your Past, and Create Your Self," "How To Meet Your Self: The Workbook for Self-Discovery"
- Amir Levine, "Attached: The New Science of Adult Attachment and How it Can Help You Find - and Keep - Love"

- Gabor Mate, “The Myth of Normal: Trauma, Illness, and Healing in a Toxic Culture”
- Resmaa Menakem, “My Grandmother’s Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies”
- Candace Pert, “Molecules of Emotion: Why You Feel the Way You Feel”
- Richard Schwartz, “No Bad Parts: Healing Trauma and Restoring Wholeness with the Internal Family Systems Model,” “You Are the One You’ve Been Waiting For: Applying Internal Family Systems to Intimate Relationships”
- Bessel Van Der Kolk, “The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma”
- Peter Walker, “Complex PTSD: From Surviving to Thriving”
- Mimi Zhu, “Be Not Afraid of Love: Lessons on Fear, Intimacy, and Connection”
- Family scapegoat trauma: Facebook support groups: Family Scapegoat Syndrome Recovery Group, Scapegoat Adult Children of Narcissistic Families
- Narcissistic abuse: Dr. Ramani Durvasula on YouTube, Facebook support groups: Narcissistic Abuse Support Group, Surviving a Narcissist, Thrive After Abuse