

Helpful Resources—a hurried, hodgepodge guide

Katie Dine Young, Psy.D.

Bilateral Music

David Grand has some great Cds with bilateral sound

See www.bilateral.com

I also like the cd Reflections by Bodhi Tree Bilateral---see website below to order.

<http://www.cdbaby.com/cd/bodhitreebilateral>

Guided Imagery

My favorite source is Bellaruth Naperstek's company Health Journeys.

She has a series of CDs that I like best but she also sells others:

www.healthjourneys.com

Apps

Breathe2Relax—free app that helps you lengthens your breath with visual effects and calming music. Quick and easy.

JC Hypnosis—relaxing guided hypnosis. Some are free such as Deep Relaxation and some you have to pay for like addictions hypnosis.

Yogic Breath—different kinds of breathing exercises

HeadSpace---explore meditation in an easy format. First 10 sessions free I think. Bilateral Stimulation

Bilateral Stimulation

Tappers vibrate gently back and forth in each hand. Available at:

<http://www.dnmsinstitute.com/theratapper.html>

DNMS is a powerful model of therapy that is very powerful with dissociative disorders and PTSD.

Biofeedback

Heart Math---Inner Balance—for about \$99.00 you can get a device that hooks into phone and clips on your ear. An app is downloaded and you can have your very own biofeedback session.

<http://www.heartmath.com/about/company-information.html>

Connecting heart and science to help incorporate the heart's intelligence in daily life.

I love the Inner Balance personal system helps you with breath and heart coherence.

Resources continued- Katie Dine Young, Psy.D.

Interesting websites

<http://www.drdansiegel.com/resources>

Dan Siegel has written many books on trauma, parenting and mindfulness. He can make complex ideas – understandable. Many resources on his website.

Internal Family Systems

Working with parts of self and connecting to your highest wisdom. Of the therapies I have trained in, this is my favorite for professional and personal healing.

www.selfleadership.org

Sensorimotor Psychotherapy Institute:

www.sensorimotorpsychotherapy.org

A nice website that has articles, trainings and resources connected to a wonderful body-based psychotherapy. A lead trainer—Janina Fisher has talked for KPA.

Coherence Therapy

A system of psychotherapy that utilizes memory reconsolidation, allowing therapists to consistently foster shifts.

www.coherencetherapy.org

Pete Walker, M.A.

Author of several books on complex trauma

<http://www.pete-walker.com/>

Elizabeth Dennison---Clearing Trauma—

Free handouts about how the body stores trauma and coping from primarily Somatic Experiencing

<http://clearingtrauma.homestead.com/index.html>—Clearing Trauma

Diane Poole Heller, Ph.D.

www.dianepooleheller.com

Excellent trainings that incorporate attachment theory and somatic experiencing

Resources Continued --Katie Dine Young, Psy.D.

Books

The Body Keeps the Score: Brain, Mind and body in the Healing of Trauma, Bessel van der Kolk

Getting Past your Past, Francine Shapiro

Complex PTSD: From Surviving to Thriving, Pete Walker

Sensorimotor Psychotherapy: Interventions for trauma and attachment, Pat Ogden and Janina Fisher

The Polyvagal Therapy, Stephen Porges

Wired for Love, Stan Tatkin

The Mind-Gut Connection, Emeran Mayer, MD

Brain-Maker: The Power of Gut Microbes to Heal and protect your Brain for Life, David Perlmutter

Unlockingthe Emotional Brain:Eliminating Symptoms at their Roots using Memory Reconsolidation, Bruce Ecker

The Therapeutic “Aha”’: 10 Strategies for Getting Your Clients Unstuck, Courtney Armstrong

Transforming Traumatic Grief, Courtney Armstrong

The Whole Brain Child, Daniel Siegel

Simplicity Parenting, Kim John Panye

The Archaeology of Mind, Jaak Panksepp

Trauma and Memory, Peter Levine

Sandplay Therapy: A Step-byStep manual for Psychotherapists of Diverse Orientations, Barbara Labovitz Boik

Essential Oils for Beginners Valerie Ann Worwood

Podcasts/Blogs

GUT/Brain connection

Kelly Brogan, MD, A Mind of Your Own (book) and blog (kellybroganmd.com)

Revolution Health Radio—Chris Kresser chriskresser.com

House Call with Dr Hyman

Amy Myers, MD----www.amymyersmd.com,

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Aromatherapy

American College of Healthcare Sciences –Health and wellness blog

<http://info.achs.edu/blog/depression-and-anxiety-can-essential-oils-help>

Trauma Podcasts

The Trauma Therapist---podcast with Guy Macpherson PhD

On Being with Krista Tippett