

BIBLIOGRAPHY

Books on Trauma

- Sapolsky, Robert **Why Zebras Don't Get Ulcers: A Guide to Stress, Stress-Related Diseases, & Coping.** W. H. Freeman & Co. *A great, humorous, scientific look at trauma.*
- van der Kolk, Bessel, M.D., **Psychological Trauma,** 1987. *The Bible!*
- Herman, Judith Lewis, M.D., **Trauma and Recovery,** 1992. *Very helpful, well-written, opens with a dynamic, historical account of professional views on trauma. Very sound information, highly recommended.*
- Everstine, Diana Sullivan, Ph.D., and Louis, Ph.D., **The Trauma Response: Treatment for Emotional Injury,** 1993. *Sound clinical information. Recommended.*
- Flannery, Raymond B., Jr., **Post-Traumatic Stress Disorder, The Victim's Guide to Healing and Recovery,** 1993. Crossroad Press, New York. *Easy to read and understand. Some biophysiology information, suggestions for victim and family.*
- **Posttraumatic Stress Disorder, A Clinical Review,** 1994. *Short presentations by fifteen Ph.D.s and M.D.s who work in various settings within the field. Very research-oriented, less practical application*
- Monahan, Cynthia, **Children and Trauma, A Parent's Guide to Helping Children Heal,** 1993. Lexington Books. *Comprehensive and well-organized. Lots of practical ideas which can translate into any setting.*
- Colodzin, Benjamin, Ph.D., **How to Survive Trauma,** 1993. Station Hill Press, Barrytown, NY. *Focuses on war veterans issues, assault, rape, abuse and environmental disasters. Acceptable reference, not noteworthy.*