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Description automatically generated with medium confidenceBooklist: Teaching Students Who’ve Experienced Trauma

**Booklist**

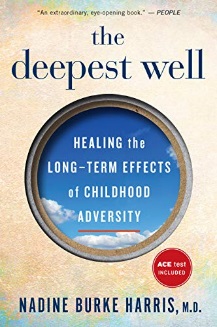


**What to do:** Invite staff members to choose books to read individually or to use as shared reading, like a book club. These books can support any educator working with children who have experienced traumatic events such as abuse, neglect, or violence.

**Why it matters:** By describing a variety of traumatic situations and presenting research on treating trauma, these books can help adults understand the effects of trauma so they can support students dealing with adversity.

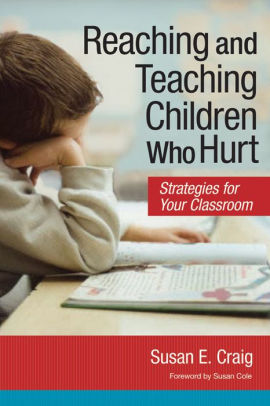
**Tips and Reminders**

* Building trusting relationships with students lays the groundwork for helping them overcome life challenges. Share something of yourself with students and learn what matters to them so they know you care about them.
* Reading research and case studies can help you learn about trauma-related behaviors and management strategies so you can support students. If you discover triggers that produce problematic behavior(s), take care to avoid them so you don’t add to the trauma burden.
* If a child doesn’t respond to the strategies you try, talk with your colleagues, site coordinator, or program director about trying other strategies or making a referral to professional care. You are not responsible for “treating” the students you work with.

**Harris, Nadine Burke. *The Deepest Well: Healing the Long-Term Effects of Childhood Adversity*. Houghton Mifflin Harcourt, 2018**

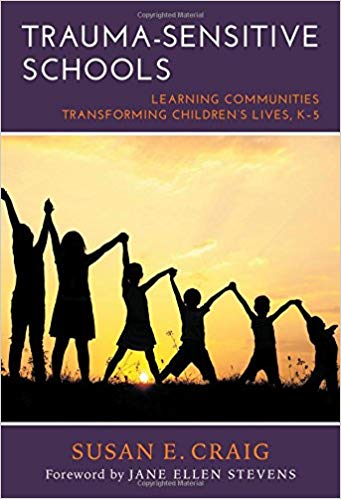
Dr. Harris takes readers on a personal journey to illustrate how adverse childhood experiences can lead to lifelong health problems for students. A pediatrician, she applies her experiences and research to outline health interventions and ideas for breaking the cycle of trauma.

[Select to find on Amazon](https://www.amazon.com/Deepest-Well-Long-Term-Childhood-Adversity-ebook/dp/B01N7HZ73B/ref=sr_1_1?keywords=Harris+Nadine&qid=1561045199&s=gateway&sr=8-1)

**Craig, Susan E. *Reaching and Teaching Children Who Hurt: Strategies for Your Classroom*. Brookes Publishing, 2008**

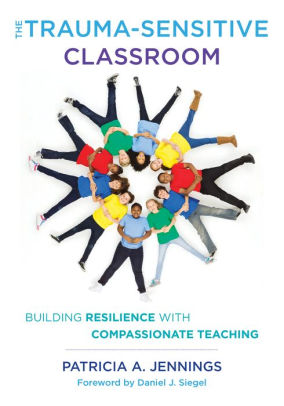
This guidebook for education professionals gives realistic scenarios and practical strategies for teaching vulnerable students who have experienced trauma. It highlights research that illustrates how abuse, neglect, violence, and other forms of trauma can impact academic achievement and social success.

[Select to find on Amazon](https://www.amazon.com/Reaching-Teaching-Children-Who-Hurt/dp/1557669740/ref=sr_1_1?keywords=reaching+and+teaching&qid=1561053286&s=gateway&sr=8-1)

**Craig, Susan E. *Trauma-Sensitive Schools: Learning Communities Transforming Children's Lives, K-5*. Teachers College Press, 2015**

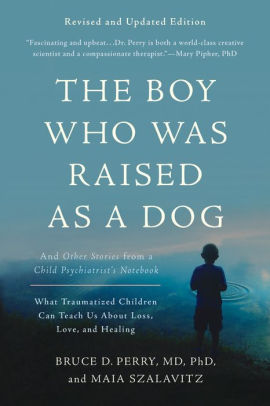
Looking for practical and creative strategies for managing disruptive student behavior and other symptoms of complex trauma? This book helps educators view poor academic performance and social progress through a trauma-sensitive lens.

[Select to find on Amazon](https://www.amazon.com/Trauma-Sensitive-Schools-Communities-Transforming-Childrens/dp/0807757454/ref=sr_1_2?keywords=Trauma+sensitive+schools&qid=1561054760&s=gateway&sr=8-2)

**Jennings, Patricia A. *The Trauma-Sensitive Classroom: Building Resilience With Compassionate Teaching.* W.W. Norton & Company, 2019**

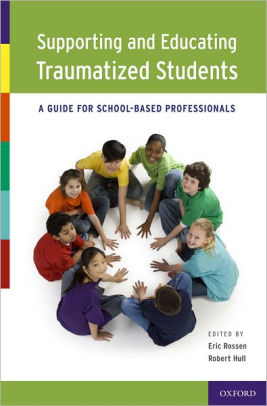
Dr. Jennings shares a series of self-assessments and implementation strategies for educators to support students' healing, build their resilience, and foster compassion in the classroom. This book connects new findings in neuroscience with trends in psychology, sociology, education, and human development.

[Select to find on Amazon](https://www.amazon.com/Trauma-Sensitive-Classroom-Building-Resilience-Compassionate/dp/0393711862/ref=sr_1_2?crid=2369YZPVKMCKS&keywords=the+trauma+sensitive+classroom+by+patricia+jennings&qid=1561059365&s=gateway&sprefix=the+trauma+-sensitive+classroom+jenning%2Caps%2C131&sr=8-2)

**Perry, Bruce D., and Szalavitz, Maia. *The Boy Who Was Raised as a Dog and Other Stories From a Child Psychiatrist's Notebook. What Traumatized Children Can Teach Us About Loss, Love and Healing.* Basic Books, 2007**

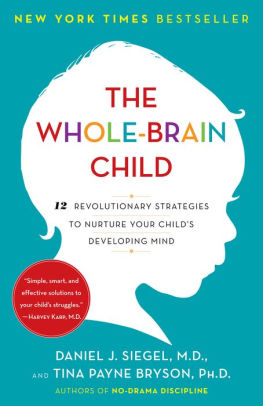
How does trauma affect a child’s mind, and how can that mind recover? This book explains what happens to the brains of children exposed to toxic stress and traumatic events in their lives. The case stories illustrate the supports children need to gain strength and resilience.

[Select to find on Amazon](https://www.amazon.com/Boy-Who-Raised-Psychiatrists-Notebook-What/dp/0465094457/ref=sr_1_1?keywords=The+boy+who+was+raised+as+a+dog%3A+And+other+stories+from+a+child+psychiatrist%27s+notebook%3A+what+traumatized+children+can+teach+us+about&qid=1561060570&s=gateway&sr=8-1)

**Rossen, Eric A., and Hull, Robert, editors. *Supporting and Educating Traumatized Students: A Guide for School-Based Professionals* (second edition)*.* Oxford University Press, 2020**

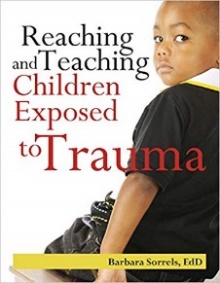
This resource provides educators who don’t have clinical training with strategies for building supportive learning environments and positive social experiences for students impacted by trauma. Each chapter offers developmental and cultural considerations for addressing types of trauma and interventions. Included are recommendations for children’s literature, internet resources, and classroom practices that help educators adopt new models for social and emotional learning.

[Select to find on Amazon](https://www.amazon.com/Supporting-Educating-Traumatized-Students-Professionals-dp-0190052732/dp/0190052732/ref=dp_ob_title_bk)

**Siegel, Daniel J., and Bryson, Tina P. *The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child’s Developing Mind.* Bantam Books, 2011**

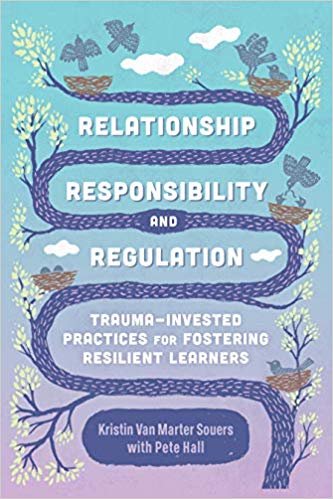
This book explores the upstairs/downstairs concept of brain development and maturation. The “upstairs brain” (higher cognitive functions) does not fully develop until the mid-20s. The “downstairs brain” handles basic functions such as breathing and reacting to danger. This book examines age-appropriate strategies for explaining this concept to students and helping them form a better understanding of self, build stronger relationships, and succeed in school.

[Select to find on Amazon](https://www.amazon.com/dp/0553386697?_encoding=UTF8&isInIframe=0&n=283155&ref_=dp_proddesc_0&s=books&showDetailProductDesc=1#product-description_feature_div)

**Sorrels, Barbara. *Reaching and Teaching Children Exposed to Trauma.* Gryphon House, 2015**

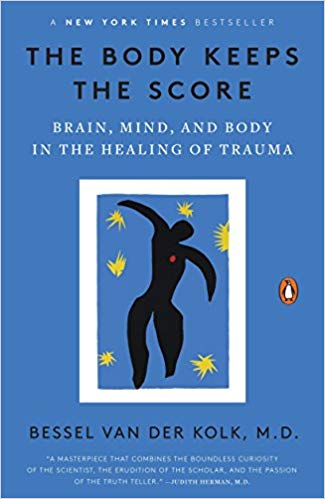
Here, you will learn to identify behavior patterns that may reveal the effects of trauma on student development, how to forge positive changes in vulnerable children, and how to teach self-regulation, social skills, and relationship building. Practical strategies include insights into play-based curriculum, drama, coaching social skills, sensory-based experiences, and visual cues.

[Select to find on Amazon](https://www.amazon.com/Reaching-Teaching-Children-Exposed-Trauma/dp/0876593503/ref=sr_1_1?keywords=Reaching+and+teaching+children+exposed+to+trauma.&qid=1561066230&s=books&sr=1-1)

**Souers, Kristin V. M., and Hall, Pete. *Relationship, Responsibility, and Regulation: Trauma-Invested Practices for Fostering Resilient Learners.* ASCD Publishing, 2018**

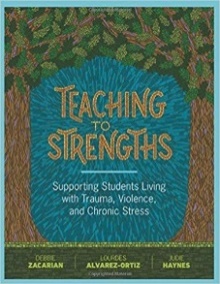
Professionals recognize three new Rs of education: relationship, responsibility, and regulation. The authors give guidance for fostering a positive learning environment or “nest.” The book uses real-world scenarios that illustrate how to create a culture of safety and support for all stakeholders in an educational setting.

[Select to find on Amazon](https://www.amazon.com/Relationship-Responsibility-Regulation-Trauma-Invested-Practices/dp/1416626859/ref=sr_1_1?keywords=Relationship%2C+responsibility+and+regulation%3A+Trauma+invested+practices+for+fostering+resilient+learners.&qid=1561067833&s=books&sr=1-1)

**Van der Kolk, Bessel. *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma.* Penguin Books, 2015**

Van der Kolk, a psychiatrist, uses practical case studies and scientific research to argue that trauma is an urgent public health issue. This book explores how trauma physically reshapes the body and brain, causing anxiety, rage, and inability to concentrate. Get insights into treatments such as neurofeedback, meditation, sports, drama, and yoga.

[Select to find on Amazon](https://www.amazon.com/Body-Keeps-Score-Healing-Trauma/dp/0143127748/ref=sr_1_1?keywords=The+body+keeps+the+score%3A+Brain%2C+mind%2C+and+body+in+the+healing+of+trauma.&qid=1561069063&s=books&sr=1-1)

**Zacarian, Debbie, Alvarez-Ortiz, Lourdes, and Haynes, Judie. *Teaching to Strengths: Supporting Students Living With Trauma, Violence, and Chronic Stress*. ASCD Publishing, 2017**

Research data and credible case studies are the basis for this guide that helps instructors better understand student experiences, foster collaborative learning strategies, and develop family and community partnerships. The authors advocate for teaching students impacted by trauma from a strengths-based perspective.

[Select to find on Amazon](https://www.amazon.com/Teaching-Strengths-Supporting-Students-Violence/dp/1416624600/ref=sr_1_1?keywords=Teaching+to+strengths%3A+Supporting+students+living+with+trauma%2C+violence%2C+and+chronic+stress.&qid=1561070123&s=books&sr=1-1)

*This list was created by Colleen Lelli, Ed.D., Associate Professor, Cabrini University. Dr. Lelli directs the Barbara and John Jordan Center for Children of Trauma and Domestic Violence Education.*



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