

Somatic Awareness Resources and Recommendations

Suggested Reading:

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma (2015)
by Bessel van der Kolk

Hakomi Mindfulness-Centered Somatic Psychotherapy: A Comprehensive Guide to Theory and Practice (2015) by Halko Weiss

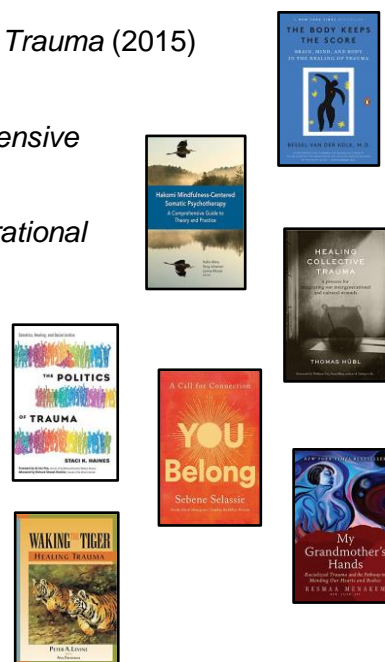
Healing Collective Trauma: A Process for Integrating Our Intergenerational and Cultural Wounds (2020) by Thomas Hübl

My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies (2017) by Resmaa Menakem

The Politics of Trauma (2019) by Staci K. Haines

You Belong: A Call for Connection (2020)
by Sebene Selassie

Waking the Tiger: Healing Trauma (1997)
by Peter A. Levine



Suggested Resources:

Generative Somatics: <https://generativesomatics.org>

Mind-Body Skills Training for Resilience, Effectiveness, and Mindfulness (STREAM) Program:
<https://mind-bodyhealth.osu.edu>

Mindfulness and The Window of Tolerance:
<https://www.stmichaelshospital.com/pdf/programs/mast/mast-session1.pdf>

The Neuroscience of Mindfulness and Fear (Video):
<https://www.nicabm.com/the-neuroscience-of-mindfulness-and-fear>

Somatic Experiencing Trauma Institute: <https://traumahealing.org>

Threshold GlobalWorks: <https://www.thresholdglobalworks.com>

Trauma Resource Institute: <https://www.traumaresourceinstitute.com>

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OSU Extension Family and Consumer Sciences Annual Conference, 2020.



THE OHIO STATE UNIVERSITY

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