



## **Publications**

### **Recommended Trauma-Informed books, articles, videos and more**

**Article:** [“A Neuroscientist Reveals the Untapped Solution to Create Better Working Relationships”](#)

**Author:** Jenna Abdou

**Why we recommend it:** A brief, yet informative interview with Dr. Bruce Perry, a leading neuroscientist on trauma and its impacts.

**Book: *The Art of Focused Conversation***

**Authors:** R. Brian Stanfield, Jo Nelson

**Why we recommend it:** “Brian Stanfield was a close colleague of my business partners, Joel Wright and Priscila Wilson. They all three worked with the Institute of Cultural Affairs traveling the world studying the methods and tools that help people think and take action together. The Focused Conversation method is the most important reflective skill/tool I have ever learned. I use it daily to deepen relationships and connections and to strengthen my reflective capacity.” -Kathleen

**Book: *The Deepest Well***

**Author:** Nadine Burke Harris, MD

**Why we recommend it:** “This was the first book written by a professional that I could instantly relate to and easily follow as she laid out the neuroscience of trauma and what it has to teach all of us.” - Kathleen

**Ted Talk:** [How Childhood Trauma Affects Health Across a Lifetime](#)

**Presenter:** Nadine Burke Harris, MD

**Why we recommend it:** “After reading her book, *The Deepest Well*, I went directly to this TED Talk to cement the key points of what I had read. Easy to understand and highly informative.” -Kathleen

**Book: *Remarkably Resilient: Community Matters***

**Authors:** The Harnish Sisters

**Why we recommend it:** “After learning about ACEs and spending two years reading everything we could about the neuroscience of trauma and its impacts on the body and brain, we were able to pair that knowledge with our lived experience to uncover the five Rs of our resilience journeys coming out of a childhood home of incest and abuse. We make the neuroscience of trauma understandable and undergird each R of Resilience with our own lived experience closing each chapter with self-reflection questions and a call to action to the community.” -Kathleen and Karen



Remarkably  
Resilient®

It takes all of us to heal each of us.™

**Book: *What My Bones Know***

**Author:** Stephanie Foo

**Why we recommend it:** “My therapist recommended this book in the summer of 2025 as I ventured bravely forward to learn the difference between managing my trauma responses versus healing from my complex PTSD. Still a work in progress.” -Kathleen

**Article\*:** [“Why You Should Make Time for Self-Reflection”](#)

Harvard Business Review, March 21, 2017

**Author:** Janet Porter

*\*This resource has a paywall. If you are interested in reading it, we recommend utilizing your local library for access.*