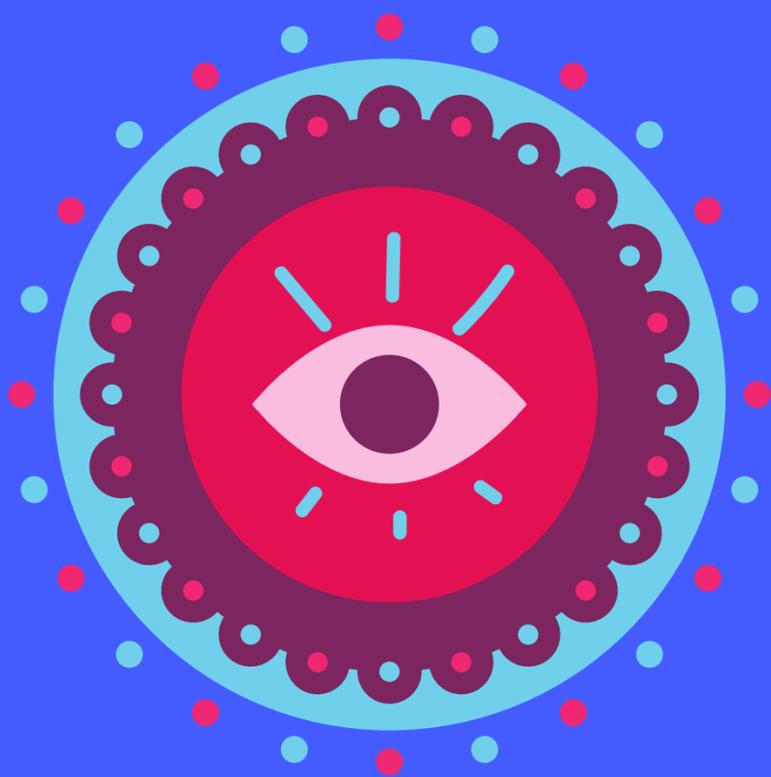


STACI B'S

TRAUMA
EDUCATION,
INFORMATION
& HEALING
RESOURCES



An incomplete and ever changing list



WHAT IS TRAUMA?

**Trauma is a
chronic disruption
of connection
~ Stephen Porges**

**“Trauma is not what happens
to you. Trauma is what
happens inside you, as a result
of what happens to you.”
~ Dr. Gabor Maté**

A BRIEF NOTE

In studying my own patterns, behaviors, thoughts and emotions, I became a trauma "nerd."

What's the point of learning if it cannot be shared?

I hope you find some value in this collection.

Much love,

staci b

INNOVATORS

Dr. Stephen Porges

developer of polyvagal nerve theory.

National Institute for the
Clinical Application of
Behavioral Medicine

a collective of trauma-based
therapists and researchers

Dr. Peter Levine

Creator of
Somatic Experiencing

INNOVATORS

Luise Reddeman

neurologist, trauma researcher

Pat Ogden

developer of sensorimotor psychotherapy.

Dr. Gabor Mate

addiction and trauma expert

Deb Dana

Polyvagal lens advocate

INNOVATORS

Besser van der Kolk
trauma researcher

Rachel Yehuda
Professor of Psychiatry and
Neuroscience, is the Director of the
Center for Psychedelic Psychotherapy and
Trauma Research at Icahn School of
Medicine at Mt. Sinai

Janina Fisher
trauma therapist

TIK TOK

@tiktoktraumadoc

@healinghumanity777

@robsirstins

@cptsdtherapist

@domesticblisters

@ceciletuckercounseling

@jamalrogers

@dr.brein

@drkimsage

INSTAGRAM

@chadwellness

@gabbonesso

@theestrangedheart

@transcending_trauma_with_yoga

@dinosandcomics

@drsarasmithofficial

@never.depressing.again

@thementalityproject_

@robertgracemusic

@myselflovesupply

@the.holistic.psychologist

@TealSwanOfficial

@asafeplaceinsideyourhead

@nicabm_

@selfcareisapriority

BOOKS

The Four Domains of Mental Illness -- Dr. Renee Muller

The Body Keeps the Score --
Bessel van der Kolk

The Body is Not an Apology --
Sonya Renee Taylor

Who You Were Before Trauma --
Luise Reddeman

YOUTUBE

Therapy in a Nutshell

Patrick Teahan

Dr. Kate Truitt

Irene Lyon

Dr. Tracey Marks

ARTICLES

Q&A About Freezing,
Fainting, and the 'Safe'
Sounds of Music Therapy.

Intergenerational
Transmission of Trauma

Innovations in Treating
Trauma - an interview w/
Janina Fisher

TECHNIQUES TO CALM YOUR NERVOUS SYSTEM

Havening

EFT Tapping

**EMDR (eye movement
desensitization reprocessing)**

4-7-8 Breathing

Vagus Nerve Stimulation

Meditation

Time in Nature

**Asking yourself what you need
to feel safe**

Yoga

DON'T FORGET TO SMILE

YouTube

Dry Bar Comedy
Sebastian Maniscalco
Sarah Millican
CBS Sunday Morning
25 Words or Less

TikTok

@farmmommy
@thedarcymichael
@steveioe
@donttellcomedy
@chazbruce0

IG

@ashleylongshoreart
@dad_jokes_and_puns
@zachvaughnphotography
@adonisantics
@discoverwildlife

LET'S CONNECT



@heyitsmestacib



hey it's me staci b



stacibackauskas



hey it's me staci b



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