



**For Children's Mental Health**  
**Trauma-Informed Books**

Title	Author	Year	Pages	GoodReads Rating	Amazon Rating	Summary
The Heart of Learning and Teaching: Compassion, Resilience, and Academic Success	Ray Wolpov, Mona. M Johnson, Ron Hertel and Susan O. Kincaid	2016	244	N/A	N/A	<p><i>The Heart of Learning: Compassion, Resiliency, and Academic Success</i> is a handbook for teachers written and compiled by OSPI and Western Washington University staff. It contains valuable information that will be helpful to you on a daily basis as you work with students whose learning has been adversely impacted by trauma in their lives.</p> <p>Available for free download and print here:  <a href="http://k12.wa.us/CompassionateSchools/pubdocs/TheHeartofLearningandTeaching.pdf">http://k12.wa.us/CompassionateSchools/pubdocs/TheHeartofLearningandTeaching.pdf</a></p>
The Behavior Code	Jessica Minahan	2012	256	4.19 (163 ratings)	4.5 (51 ratings)	<p>Based on a collaboration dating back nearly a decade, the authors—a behavioral analyst and a child psychiatrist—reveal their systematic approach for deciphering causes and patterns of difficult behaviors and how to match them with proven strategies for getting students back on track to learn.</p> <p>Includes user-friendly worksheets and other helpful resources. Companion book available.</p>
No More Meltdowns	Jed Baker, Ph. D	2008	150	3.93 (317 ratings)	4.4 (125 ratings)	<p>It could happen at the grocery store. At a restaurant. At school. At home. Meltdowns are stressful for both child and adult, but Dr. Baker can help! Author of the award-winning Social Skills Picture Book series, Dr. Jed Baker offers parents and teachers strategies for preventing and managing meltdowns. His 20+ years of experience working with children on the autism spectrum, combined with his personal experiences raising his own children, have yielded time-tested strategies, and results! Dr. Baker offers an easy-to-follow, 4-step model that will improve your everyday relationships with the</p>



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						children in your life: 1) Managing your own emotions by adjusting your expectations, 2) Learning strategies to calm a meltdown in the moment, 3) Understanding why a meltdown occurs, and 4) Creating plans to prevent future meltdowns.
Lost at School	Ross W. Greene, Ph. D	2008	303	4.15 (1,805 ratings)	4.7 (231 ratings)	<p>Frequent visits to the principal's office. Detentions. Suspensions. Expulsions. These are the established tools of school discipline for kids who don't abide by school rules, have a hard time getting along with other kids, don't seem to respect authority, don't seem interested in learning, and are disrupting the learning of their classmates. But there's a big problem with these strategies: They are ineffective for most of the students to whom they are applied. It's time for a change in course.</p> <p>Here, Dr. Ross W. Greene presents an enlightened, clear-cut, and practical alternative. Relying on research from the neurosciences, Dr. Greene offers a new conceptual framework for understanding the difficulties of kids with behavioral challenges and explains why traditional discipline isn't effective at addressing these difficulties. Emphasizing the revolutionarily simple and positive notion that <i>kids do well if they can</i>, he persuasively argues that kids with behavioral challenges are not attention-seeking, manipulative, limit-testing, coercive, or unmotivated, but that they lack the skills to behave adaptively. And when adults recognize the true factors underlying difficult behavior and teach kids the skills in increments they can handle, the results are astounding: The kids overcome their obstacles; the frustration of teachers, parents, and classmates diminishes; and the well-being and learning of all students are enhanced.</p> <p>In <i>Lost at School</i>, Dr. Greene describes how his road-tested, evidence-based approach -- called Collaborative Problem Solving -- can help challenging kids at school.</p>
What do I do When...?	Allen N. Mendler	1992	187	3.55 (20 ratings)	5.0 (5 ratings)	<p>What Do I Do When...? reviews and updates the principles upon which the Discipline With Dignity program (created by Allen Mendler and Richard Curwin) is founded. It summarizes the key methods and describes some new approaches to difficult behavior. It also addresses motivations for student misbehavior, principles behind effective discipline, the process of changing the focus of discipline, and the most effective classroom methods of discipline.</p>



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						Educators will learn how to deal with power struggles, how to implement unconventional methods of discipline, effective strategies for working with parents, and ways to have an impact on school-wide discipline.
Fostering Resilient Learners	Kristin Souers	2016	215	3.93 (317 ratings)	4.7 (28 ratings)	<p>Winner of the 2017 Association of American Publishers Golden Lamp Judges award.</p> <p>In this galvanizing book for all educators, Kristin Souers and Pete Hall explore an urgent and growing issue—childhood trauma—and its profound effect on learning and teaching.</p> <p>Grounded in research and the authors' experience working with trauma-affected students and their teachers, <i>Fostering Resilient Learners</i> will help you cultivate a trauma-sensitive learning environment for students across all content areas, grade levels, and educational settings. The authors—a mental health therapist and a veteran principal—provide proven, reliable strategies to help you...</p> <ul style="list-style-type: none"> <li>- Understand what trauma is and how it hinders the learning, motivation, and success of all students in the classroom.</li> <li>- Build strong relationships and create a safe space to enable students to learn at high levels.</li> <li>- Adopt a strengths-based approach that leads you to recalibrate how you view destructive student behaviors and to perceive what students need to break negative cycles.</li> <li>- Head off frustration and burnout with essential self-care techniques that will help you and your students flourish.</li> </ul> <p>Each chapter also includes questions and exercises to encourage reflection and extension of the ideas in this book. As an educator, you face the impact of trauma in the classroom every day. Let this book be your guide to seeking solutions rather than dwelling on problems, to building relationships that allow students to grow, thrive, and—most assuredly—learn at high levels.</p>
The Heart of Learning	Steven Glazer (Editor)	1999	288	3.91 (35 ratings)	4.1 (5 ratings)	The Heart of Learning asks teachers and students to recommit themselves to what they love most in education. The renown contributors outline a map for enabling us to connect with the very reasons why we teach and learn thus to



						achieve greater fulfillment in both. Incisive essays by Parker Palmer, Rachel Naomi Remen, and the Tibetan lama Dozgchen Ponlop Rinpoche examine how our unique, individual experiences of the sacred can profoundly enrich how we learn and teach. Writings by bell hooks and the Dalai Lama show how we simultaneously can cultivate both individual beliefs and openness to the diversity of the contemporary classroom. Works by Huston Smith and Rabbi Zalman Schachter-Shalomi explore our need to balance our past histories and traditions with the needs of present and future generations. This extraordinary collection of original work provides a unified, inspiring, and immensely practical new paradigm for how teaching and learning can mean more, accomplish more, and inspire the best in each of us. This book is a must for every teacher, student, parent, and anyone who loves to learn.
Trauma-Sensitive Schools for the Adolescent Years: Promoting Resiliency and Healing	Susan E. Craig	2017	176	4.2 (5 ratings)	5.0 (2 ratings)	<p>The trauma-sensitive schools movement is the result of a confluence of forces that are changing how educators view students' academic and social problems, including the failure of zero tolerance policies to resolve issues of school safety, bullying, and academic failure, as well as a new understanding of adolescents' disruptive behavior.</p> <p>In this follow-up to her bestseller, Trauma-Sensitive Schools, Susan Craig provides secondary school teachers and administrators with practical ideas for how to improve students' achievement by implementing a trauma-sensitive approach to instruction. Along with clear explanations of the role that childhood adversity and trauma play in determining academic success, readers will find dozens of concrete strategies to help them:</p> <ul style="list-style-type: none"> <li>- View poor academic and social progress through a trauma-sensitive lens.</li> <li>- Create a school climate that fosters safety and resiliency in vulnerable teenagers.</li> <li>- Establish relationships with students that support their efforts to self-regulate.</li> <li>- Design instruction that reflects the social nature of the brain.</li> </ul>



						<ul style="list-style-type: none"> <li>- Work with the brain’s neuroplasticity to increase adolescents’ executive functioning.</li> <li>- Reduce teacher attrition in high-risk schools by decreasing secondary traumatic stress.</li> <li>- Influence educational reforms by aligning them with current research on childhood trauma and its effects on learning.</li> </ul>
The Deepest Well: Healing the Long-Term Effects of Childhood Adversity	Nadine Burke Harris, M.D.	2018	272	4.54 (485 ratings)	4.7 (91 reviews)	<p>Dr. Nadine Burke Harris was already known as a crusading physician delivering targeted care to vulnerable children. But it was Diego—a boy who had stopped growing after a sexual trauma—who galvanized her to dig deeper into the connections between toxic stress and the lifelong illnesses she was tracking among so many of her patients and their families. A survey of more than 17,000 adult patients’ “adverse childhood experiences,” or ACEs, like divorce, substance abuse, or neglect, had proved that the higher a person’s ACE score the worse their health—and now led Burke Harris to an astonishing breakthrough. Childhood stress changes our neural systems and lasts a lifetime. Through storytelling that delivers both scientific insight and moving stories of personal impact, Burke Harris illuminates her journey of discovery, from research labs nationwide to her own pediatric practice in San Francisco’s Bayview-Hunters Point. For anyone who has faced a difficult childhood, or who cares about the millions of children who do, the innovative and acclaimed health interventions outlined in <i>The Deepest Well</i> will represent vitally important hope for change.</p>

**Themes from Book Reviews:**

Book	Positive	Negative
The Behavior Code	<ul style="list-style-type: none"> <li>- Many readers felt the strategies were very practical for use in their own classroom and easy to implement.</li> </ul>	<ul style="list-style-type: none"> <li>- A few reviewers expressed concerns that the “FAIR” plan proposed in the book over caters to the troubled child and does not consider other children and their parents</li> </ul>



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	<ul style="list-style-type: none"> <li>- Teachers often said they felt the book helped them to better understand their most challenging students</li> <li>- “Great resource!”</li> </ul>	<ul style="list-style-type: none"> <li>- Some readers found it to be “common sense” and said that more experienced teachers will not learn new information</li> </ul>
No More Meltdowns	<ul style="list-style-type: none"> <li>- Quick read and easy to understand</li> <li>- Good advice</li> <li>- Very practical</li> </ul>	<ul style="list-style-type: none"> <li>- Some readers felt there was too much technical information</li> <li>- Other readers found it repetitive</li> </ul>
Lost at School	<ul style="list-style-type: none"> <li>- Many readers said this book changed their entire thinking about troubled students and gave them new hope for their students</li> <li>- “Interesting read”, “thought provoking”</li> </ul>	<ul style="list-style-type: none"> <li>- No help in how to teach the skills that the students are missing</li> <li>- The topic could have been covered in less pages, was boring and tedious at times</li> <li>- One reader was concerned that the book was not backed by a significant amount of data</li> </ul>
What Do I Do When...?	<ul style="list-style-type: none"> <li>- Good emphasis on disciplining with dignity</li> <li>- Addresses specific situational examples</li> </ul>	<ul style="list-style-type: none"> <li>- No negative reviews were explained</li> </ul>
Fostering Resilient Students	<ul style="list-style-type: none"> <li>- Very helpful for Title 1 schools</li> <li>- “Empowering”</li> <li>- Amazing stories of various encounters between educators and students</li> </ul>	<ul style="list-style-type: none"> <li>- Very vague advice. General, shallow coverage.</li> <li>- Might be better suited for those new to teaching. Good primer for the trauma-sensitive environment</li> </ul>
The Heart of Learning	<ul style="list-style-type: none"> <li>- Most readers seemed to find a couple essays that really spoke to them</li> <li>- “Inspiring”</li> <li>- Seems to focus a lot on the ideas of love and respect</li> </ul>	<ul style="list-style-type: none"> <li>- May be getting dated</li> <li>- “Wishy-washy”</li> <li>- More spiritually-focused than science based</li> </ul>
Trauma-Sensitive Schools for the Adolescent Years	<ul style="list-style-type: none"> <li>- “Best book about trauma that I have ever read”</li> <li>- “I learned something new on each page”</li> <li>- Evidence-based</li> </ul>	<ul style="list-style-type: none"> <li>- N/a</li> </ul>
The Deepest Well: Healing the Long-Term Effects of Childhood Adversity	<ul style="list-style-type: none"> <li>- Story-telling format makes it a very engaging read</li> <li>- An “Important” read</li> <li>- The author is great at explaining scientific concepts to those without a scientific background</li> <li>- Evidence-based</li> </ul>	<ul style="list-style-type: none"> <li>- Some readers felt that the story-telling could be distracting from the science behind the book and felt too much like a memoir</li> <li>- The title may be a little misleading. Many readers felt that the book did not focus as much on healing</li> </ul>



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	<ul style="list-style-type: none"><li>- Will make you cry!</li></ul>	long-term effects as it did on the causes behind them. It's not a self-help book. Instead it takes a more public health focus.
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