



# Trauma Resource Guide

Prepared by The Advocacy Academy, LLC

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## Websites:

- [Coping with flashbacks](#)
- [Health Commission Healing After Trauma Resource Guide](#)
- [Fight or Flight Response and the Body Diagram](#)
- [Common Responses to Trauma- And Coping Strategies](#)
- [Relaxation and Relaxation Exercises](#)
- [Helping Patients Cope With A Traumatic Event](#)

## Books:

- *Trauma Stewardship* by Laura Van Dernoot Lipsky
- *The Compassion Fatigue Workbook* by Françoise Mathieu
- *When the Body Says No* by Gabor Maté
- *Trauma and Recovery* by Judith Herman

## Other Resources:

- Relaxation/Meditation CDs: Mindfulness Meditation CDs by Jon Kabat-Zinn:  
[www.mindfulnessstapes.com](http://www.mindfulnessstapes.com)