



# UNDERSTANDING TRAUMA RESPONSES

*5 RESOURCES TO GET YOU  
STARTED*

# WHERE I'D START

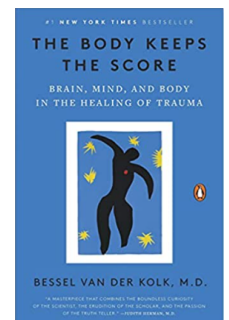
*As with anything, these resources could be triggering. I encourage you to go at your own pace and process alongside a professional when possible.*

1

## THE BODY KEEPS THE SCORE

by **Bessel van der Kolk M.D.**

The science behind trauma responses explained. This is clinical but so very illuminating. No shame in taking it slow!



2

## PROMISING YOUNG WOMAN

starring **Carey Mulligan & Bo Burnham**

This film portrays the uncomfortable nuances of party and rape culture that are often overlooked and dismissed. This could be very triggering, so please be careful.

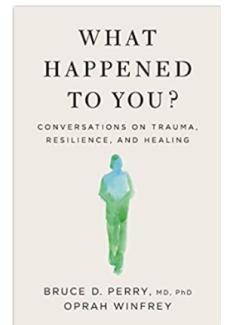


3

## WHAT HAPPENED TO YOU?

by **Bruce D. Perry, M.D., Ph.D. & Oprah Winfrey**

By accessibly explaining trauma growth, we're shown how our traumatic experiences can shape us for the better.



4

## ON BEING HEARD & SEEN

**Unlocking Us Podcast with Brene Brown & Tarana Burke**

The founder of the #metoo movement shares about the collective survivor experience.

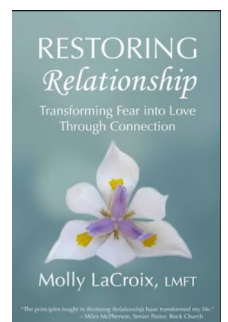


5

## RESTORING RELATIONSHIP

by **Molly LaCroix, LMFT**

A helpful guide for responding to our psychological wounds with compassion and self-awareness.



# KNOWLEDGE IS POWER

We are empowered to heal. We are empowered to take ownership of our trauma. We are empowered to revel in trauma growth. But it can take some work to get there.

Finding the right resources can be daunting and triggering. I found myself wanting someone to just tell me what to read or watch in order to understand my experience better.

As with anything, these are simply resources that I have found to be appropriately challenging and helpful. You may feel differently, and that's okay! No trauma or experience is identical, so neither is any healing journey.

Start here, and then feel empowered to chart your own path. You are your best caretaker. Pay attention to your intuition and celebrate each and every step of your journey. You got this, friend.

