

Interfaith resource list on trauma-informed spiritual direction

Books

General Trauma and Spirituality

1. **"The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma"** – Bessel van der Kolk, M.D.
 - A foundational book on trauma and healing, widely used across spiritual and secular healing spaces.
 2. **"Healing Collective Trauma: A Process for Integrating Our Intergenerational and Cultural Wounds"** – Thomas Hübl
 - Explores a contemplative, interfaith approach to addressing individual and collective trauma.
 3. **"The Deepest Well: Healing the Long-Term Effects of Childhood Adversity"** – Nadine Burke Harris, M.D.
 - Examines the science of trauma and resilience with insights relevant to spiritual healing practices.
 4. **"The Wild Edge of Sorrow: Rituals of Renewal and the Sacred Work of Grief"** – Francis Weller
 - Weaves together Indigenous, Jungian, and spiritual perspectives on trauma and grief work.
 5. **"Spiritually Integrated Psychotherapy: Understanding and Addressing the Sacred"** – Kenneth I. Pargament
 - Helps spiritual directors and therapists understand the role of spirituality in trauma healing.
 6. **"Shattered Soul? Five Pathways to Healing the Spirit after Abuse and Trauma"** – Patrick Fleming, Sue Lauber-Fleming, and Vicki S. Schmidt
 - A resource for those guiding survivors through spiritual healing.
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Christian Perspectives

7. **"Trauma-Informed Pastoral Care: How to Respond with Compassion to Survivors of Sexual Abuse"** – Karen A. McClintock
 - Offers a pastoral perspective on responding to trauma with a focus on abuse survivors.
8. **"Healing Spiritual Wounds: Reconnecting with a Loving God After Experiencing a Hurtful Church"** – Carol Howard Merritt
 - Discusses religious trauma and ways to rebuild a healthy relationship with spirituality.

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9. **"Restoring the Healer: Spiritual Self-Care for Health Care Professionals"** – William J. Spohn
- Focuses on self-care for those offering spiritual direction and trauma support.
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Buddhist and Mindfulness-Based Approaches

10. **"Trauma-Sensitive Mindfulness: Practices for Safe and Transformative Healing"** – David A. Treleaven
- Offers guidance for integrating mindfulness practices with trauma-informed care, relevant to Buddhist and secular meditation traditions.
11. **"Radical Dharma: Talking Race, Love, and Liberation"** – Rev. angel Kyodo williams, Lama Rod Owens, and Jasmine Syedullah
- Explores trauma, systemic oppression, and spiritual liberation through a Buddhist and activist lens.
12. **"Why Buddhism is True: The Science and Philosophy of Meditation and Enlightenment"** – Robert Wright
- Discusses Buddhist perspectives on suffering and healing from a trauma-informed standpoint.
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Indigenous, Interfaith, and Body-Based Approaches

13. **"Decolonizing Trauma Work: Indigenous Stories and Strategies"** – Renee Linklater
- Highlights Indigenous approaches to healing trauma through spirituality, ceremony, and storytelling.
14. **"Sacred Instructions: Indigenous Wisdom for Living Spirit-Based Change"** – Sherri Mitchell Weh'na Ha'mu Kwasset
- A guide to Indigenous healing, trauma recovery, and community restoration.
15. **"Resmaa Menakem's My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies"** – Resmaa Menakem
- Examines intergenerational trauma and somatic healing from a body-based, spiritual perspective.

Articles and Papers

General Trauma-Informed Spiritual Care

1. **"Trauma-Informed Spiritual Care"** – Jennifer Baldwin
 - Explores how spiritual practitioners can integrate trauma-sensitive practices.
 2. **"The Role of Spirituality in Trauma Recovery"** – Harold G. Koenig (*Journal of Religion and Health*)
 - Examines how faith and spiritual practices can aid trauma healing.
 3. **"The Neuroscience of Spirituality and Trauma Healing"** – Lisa Miller (*The Spiritual Child*)
 - Looks at the brain's response to spirituality in trauma recovery.
 4. **"From Spiritual Crisis to Awakening: A Transpersonal Perspective on Trauma"** – Stanislav Grof (*Journal of Transpersonal Psychology*)
 - Examines spiritual crises as part of the trauma healing journey.
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Christian and Interfaith Trauma Healing

5. **"Interfaith Approaches to Trauma Healing: A Comparative Analysis"** – Harvard Divinity School
 - Compares spiritual and religious trauma-healing frameworks across traditions.
 6. **"Trauma-Informed Ministry: A Framework for Supporting Survivors in Faith Communities"** – Sarah Griffith Lund
 - Provides practical insights for clergy and spiritual directors.
 7. **"When Religious Beliefs Become a Source of Trauma: Understanding Spiritual Abuse"** – Lisa Oakley & Justin Humphreys (*Mental Health, Religion & Culture*)
 - Addresses the impact of harmful religious experiences on trauma survivors.
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Buddhist, Indigenous, and Ritual-Based Approaches

8. **"Trauma and the Dharma: Applying Buddhist Teachings to Healing"** – Jack Kornfield (*Tricycle Magazine*)
 - Discusses trauma healing through Buddhist wisdom and mindfulness.
 9. **"The Role of Ritual and Ceremony in Healing Trauma: Indigenous and Cross-Cultural Perspectives"** – Malidoma Patrice Somé
 - Explores the importance of ritual in trauma recovery across global traditions.
 10. **"Trauma-Informed Mindfulness: Addressing the Risks and Benefits"** – David A. Treleaven (*Mindfulness Journal*)
- Investigates how mindfulness practices can support or hinder trauma healing.