

Abusive Relationships: Healing From The Trauma

Resources from Susan MacCulloch,
Registered Psychologist and Trauma Therapist

Understanding Abusive Relationships:

Beverley Engel

The Emotionally Abusive Relationship (2002) The Emotionally Abused Woman (1990) Healing Your Emotional Self (2006)
The Nice Girl Syndrome (2008)
The Jekyll & Hyde Syndrome: What to Do if Someone in your Life has a Dual Personality - Or If You Do (2007)

Rachel Louise Snyder

No Visible Bruises: What We Don't Know About Violence Can Kill You (2020)

Karen Gosbee

A Perfect Nightmare: My Glittering Marriage & How It Cost Me My Life(2021)

Dr. Ramani You.Tube Channel

The Narcissist & The Empath, A Dark Fairytale

[cwesResistancebookletfinalweb.pdf](#) From the Calgary Women's Emergency Shelter

Attachment:

Diane Poole Heller

The Power of Attachment (2019)

Podcast interview with this Diane Poole Heller on Sounds True: Insights at the Edge

Amir Levine & Rachel Heller

Attached (2019)

Brain/Body Connection:

Bessel Van der Kolk

The Body Keeps the Score (2014)

Dr. Rick Hanson

Buddha's Brain (2009)

Apps:

The Tapping Solution

[headspace.com](https://www.headspace.com)

Insight Timer

[CALM.com](https://www.calm.com)

Nature Sounds: Relax and Sleep

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Self-Help/Therapy Approaches:

Terri Cole

Boundary Boss (2021)

Podcast with Terri Cole on Sounds True: Insights at the Edge

Brené Brown

The Gifts of Imperfection (2010) Rising Strong (2015) www.brenebrown.com

Babette Rothschild

8 Keys to Safe Trauma Recovery (2010)

Francine Shapiro

Getting Past your Past (2012) (An Introduction to EMDR)

Peter Levine

Healing Trauma (2008)

Mary Beth Williams & Soili Poijula

The PTSD Workbook (3rd edition, 2017)

Christopher K. Germer

The Mindful Path to Self-Compassion (2009)

Podcast with the Christopher K. Germer on Sounds True: Insights at the Edge www.self-compassion.org

Podcast: Dr. Kristen Neff: The Liberating Power of Self-Compassion, Sounds True: Insights at the Edge

Mark Williams, John Teasdale, Zindel Segal & John Kabat-Zinn

The Mindful Way through Depression (2007)

Patricia Morgan

Your Uplift, monthly eNewsletter (free), www.solutionsforresilience.com

A Daily Self-healing Practice Using the Havening Technique - You.Tube