

## Understanding and Addressing the Impact of Violence on Learning Bibliography 2019

### Understanding the Impact on Learning

**Horsman, Jenny**

*Too Scared to learn: Women, violence and education.* Toronto: McGilligan Books, 1999/New Jersey: Lawrence Erlbaum Associates, 2000.

*Women, work and learning: The impact of violence.* Waterkloof: The South African Qualifications Authority, 2009. (in Resources on [learningandviolence.net](http://learningandviolence.net))

Battell, E., Hornstein, S., Horsman, J., Jones, C., Murphy, J., Ningwakwe/George, E. P., Nonesuch, K., Norton, M., Sookermany, N., Stewart, S., and Ward, H, *Moving research about violence and learning into practice.* Edmonton: Windsound Learning, 2008.

Norton, M. Ed. *Violence and learning: Taking action.* Calgary: Literacy Alberta, 2004. (on [learningandviolence.net](http://learningandviolence.net))

Morrish, E., Horsman, J., Hofer, J, *Take on the challenge: A sourcebook from the women, violence, and adult education project.* Boston: World Education, 2002. (on [learningandviolence.net](http://learningandviolence.net))

### Understanding the Brain

**Bonnie Badenoch**

<http://www.nurturingtheheart.com/>

*The Heart of Trauma: Healing the Embodied Brain in the Context of Relationships.* New York: W.W. Norton, 2017

**Louis Cozolino**

*The Social Neuroscience of Education.* New York: W.W. Norton & Company, 2013.

*Exciting text speaking to educators about the implications of the latest brain research and what this means for how educators can be most effective.*

<http://www.dailygood.org/story/441/nine-things-educators-need-to-know-about-the-brain-louis-cozolino/>

**Peter Levine**

<https://traumahealing.org/about-us/>

*In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness.* Berkeley, California: North Atlantic Books, 2010

*Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body.* Boulder, Colo.; Enfield: Sounds True; Publishers Group UK [distributor], 2008.

*Clear introduction to Peter Levine's research and approach to release the aftermath of trauma stored in the body.*

Levine, Peter A. Kline, Maggie. *Trauma through a child's eyes: Awakening the ordinary miracle of healing.* California: North Atlantic Books, 2007.

*Full of clear practical ideas for how to help children become present to learn.*

### **Gabor Maté**

<https://drgabormate.com/>

What is Addiction? <https://www.youtube.com/watch?v=T5sOh4gKPIg>

The Myth of Normal [https://www.youtube.com/watch?v=8\\_j5mmBa4mw](https://www.youtube.com/watch?v=8_j5mmBa4mw)

*In the Realm of Hungry Ghosts: Close Encounters with Addiction.* North Atlantic Books, 2010

*A clear very readable introduction to the science of how trauma shapes the brain and leads to the likelihood of addictions.*

*Scattered Minds: A New Look at the Origins and Healing of Attention Deficit Disorder.* Toronto: Vintage Canada, 1999.

*A little older but still helpful research into connections between trauma and ADD.*

### **Bruce Perry**

<http://childtrauma.org/>

Curiosity the Fuel of Development

<http://teacher.scholastic.com/professional/bruceperry/curiosity.htm>

### **Stephen Porges**

<https://www.stephenporges.com/>

*The Pocket Guide to The Polyvagal Theory: The Transformative Power of Feeling Safe.* New York: Norton and Company, 2017

### **Dan Siegel**

<http://www.drdansiegel.com/>

Hand Model of the Brain <https://www.youtube.com/watch?v=gm9CIJ74Oxw>

Healthy Platter [http://www.drdansiegel.com/resources/healthy\\_mind\\_platter/](http://www.drdansiegel.com/resources/healthy_mind_platter/)

Prepared by Dr. Jenny Horsman, last updated May 2019 – intended as a support for workshop participants. For more information check out: [jennyhorsman.com](http://jennyhorsman.com) and [learningandviolence.net](http://learningandviolence.net) or email [jenny@jennyhorsman.com](mailto:jenny@jennyhorsman.com)

*Brainstorm: The Power and Purpose of the Teenage Brain.* New York: Jeremy P. Tarcher/Penguin, 2013

Siegel, Daniel J, and Bryson. *The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind.* New York: Bantam Books, 2012.

*Wonderful book explaining the developing brain and providing clear ways of teaching children about their brain and working with them in a way that responds to what the child's brain needs to develop strength.*

*Mindsight: The New Science of Personal Transformation.* New York: Bantam Books, 2010.

Clear introduction to what Dan Siegel calls “mindsight” the capacity to become aware of ourselves and our own brains, introduced in a clear straightforward way.

**Bessel van der Kolk**

<https://besselvanderkolk.net>

*The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma.* New York: Viking, 2014

Full rich account of Bessel van der Kolk's journey to get trauma, and particularly developmental trauma recognized and addressed well.

**Body Work**

**Booker**

<https://www.lesliebooker.com>

Embodying Radical Presence: Awareness of Race, Culture, and Self in Healing Trauma

<https://vimeo.com/274188247>

Emerson, David, and Elizabeth Hopper. *Overcoming Trauma through Yoga: Reclaiming Your Body.* Berkeley, Calif.: North Atlantic Books, 2011.

*Good introduction to how to lead trauma-sensitive yoga*

**Working with Children:**

Levine, Peter A, and Maggie Kline. *Trauma through a Child's Eyes: Awakening the Ordinary Miracle of Healing.* Berkeley, Calif.: North Atlantic Books, 2006.

*A powerful introduction to what is needed to help a child who has been through trauma to heal and learn.*

### **Helping Children to Calm and Focus**

*All the books (and videos) below introduce mindfulness and calming activities for children that are important for supporting children who have been through trauma to be present enough to learn.*

Hawn, Goldie, and Wendy Holden. *10 Mindful Minutes: Giving Our Children-- and Ourselves-- the Social and Emotional Skills to Reduce Stress and Anxiety for Healthier, Happier Lives*. New York, NY: Perigee, 2012.

*May I Be Happy - Mindful Music with Betsy Rose, 2011.*

[http://www.youtube.com/watch?v=RU\\_Vj0kytFo&feature=youtube\\_gdata\\_player](http://www.youtube.com/watch?v=RU_Vj0kytFo&feature=youtube_gdata_player)

*Take a Breath: Mindful Music for Children with Betsy Rose, 2012.*

[http://www.youtube.com/watch?v=9iF7J2zlvtl&feature=youtube\\_gdata\\_player](http://www.youtube.com/watch?v=9iF7J2zlvtl&feature=youtube_gdata_player)

Oehlberg, Barbara. *Making It Better: Activities for Children Living in a Stressful World*. St. Paul, MN; Beltsville, MD: Redleaf Press ; Distributed by Gryphon House, 1996.

Plummer, Deborah. *Focusing and Calming Games for Children Mindfulness Strategies and Activities to Help Children Relax, Concentrate and Take Control*. London; Philadelphia: Jessica Kingsley Publishers, 2012.

Thich Nhất Hanh. *Planting Seeds: Practicing Mindfulness with Children*. Berkeley, CA: Parallax Press, 2011.

*Includes a CD with songs to teach children to help them focus on their breath and calm themselves.*

### **Caring for Ourselves**

Lipsky, Laura van Dernoot, and Connie Burk. *Trauma Stewardship an Everyday Guide to Caring for Self While Caring for Others*. San Francisco, CA: Berrett-Koehler Publishers, 2009.

*A beautiful book inviting us to reflect on the toll working for change can take on us, offering wisdom about how to take care of ourselves as well as others.*

Dan Siegel's Healthy Mind Platter

<https://www.youtube.com/watch?v=3EQ2tzHl3Ks>

[https://www.drdansiegel.com/resources/healthy\\_mind\\_platter/](https://www.drdansiegel.com/resources/healthy_mind_platter/)