

Resources for Trauma Survivors

Because our film Paper Crane centers on the topic of rape and sexual assault, we wish to offer our support to trauma survivors with these resources.



Books + Workbooks

[The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma](#) by Bessel van der Kolk M.D.

[Coping with Trauma – Related Dissociation: Skills Training for Patients and Therapists](#) by Suzette Boon, Kathy Steele, and Onno van der Hart Ph.D.

[Complex PTSD: From Surviving or Thriving: A Guide and Map for Recovering from Childhood Trauma](#) by Pete Walker

[It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle](#) by Mark Wolynn

[My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies](#) by Resmaa Menakem

[Complex PTSD Workbook: A Mind-Body Approach to Regaining Emotional Control & Becoming Whole](#) by Arielle Schwartz

[Waking the Tiger: Healing Trauma](#) by Peter A. Levine with Ann Frederick

[The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse](#) by Wendy Maltz

[The PTSD Workbook for Teens: Simple, Effective Skills for Healing Trauma](#) by Libby Palmer

[Dear Sister: Letters from Survivors of Sexual Violence](#) by Lisa Factora-Borchers (Editor)

Youtube Channels + Podcasts

✚ Complex PTSD Made Simple

✚ The Crappy Childhood Fairy

✚ Irene Lyon

✚ Therapy in A Nutshell

✚ Mark Freeman

✚ The Trauma Therapist (Podcast)

Websites + Organizations

RAINN: Rape, Abuse, & Incest National Network (Includes the National Sexual Assault Hotline Phone Number); <https://www.rainn.org/>

Crisis Textline: Free, immediate support for those in crisis by texting 741-741 or visiting <https://www.crisistextline.org/about-us/>

1 in 6: for Men and Male-Identified Survivors of Sexual Abuse/Assault; <https://1in6.org/>

Psychology Today: Good for finding therapists and support groups; <https://www.psychologytoday.com/us>

Trauma Healing Practices + Groups

✚ The Dynamic Neural Retraining System www.retrainingthebrain.com

✚ Trauma-Informed Yoga
Google to research local offerings

✚ Eye Movement Desensitization and Reprocessing (EMDR) www.emdria.org

✚ Rapid Transformational Therapy (RTT)
Research a qualified professional near you

✚ "Find Your Ground" – online course created by Trauma Aware Care
<https://trauma-aware-care.mykajabi.com/find-your-ground>

✚ Trauma Release Hypnosis
<https://www.verywellmind.com/how-effective-is-hypnosis-in-treating-ptsd-2797256>

✚ Adult Children of Alcoholics and Dysfunctional Families (ACA)
<https://adultchildren.org/>

✚ Survivors of Incest Anonymous; for Survivors of Childhood Sexual Abuse (SIA)
<https://siawso.org/>