

Books for Trauma & PTSD

A Terrible Thing Happened by Margaret M. Holmes

Don't Let Your Emotions Run Your Life for Teens by Sheri Van Dijk, MSW

The Grit Guide for Teens: A Workbook to Help You Build Perseverance, Self-Control, and a Growth Mindset by Caren Baruch-Feldman, PhD

Healing Days: A Guide for Kids Who Experienced Trauma by Susan Farber Straus, PhD

Help for Billy: A Beyond Consequences Approach to Helping Challenging Children in the Classroom by Heather T. Forbes

The PTSD Survival Guide for Teens: Strategies to Overcome Trauma, Build Resilience, and Take Back Your Life by Sheela Raja, PhD & Jaya Raja Ashrafi

Stuff That Sucks by Ben Sedley