



"Like the butterfly, I have the strength and hope to believe, in time I will emerge from my cocoon transformed."
~ Kirsti A. Dyer



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Trauma – Abuse – Complex PTSD – Domestic Violence – PTSD – Sexual Assault First Responders & Military	Format	Call Number	ISBN	Author
Adult Children of Emotionally Immature Parents	Audio Book	DIGITAL AUDIOBOOK	9781515927020	Gibson, Lindsay
Adult Children of Emotionally Immature Parents	Book	616.89156 GIB	9781626251700	Gibson, Lindsay
Adult Children of Emotionally Immature Parents	EBOOK-E	E-BOOK	9781626251724	Gibson, Lindsay
Children of the Depressed	Book	306.874 BEN	9781608829644	Bennett & Branco
Children of the Depressed	EBOOK-E	E-BOOK	9781608829668	Bennett & Branco
Complex PTSD: From Surviving to Thriving	Book	616.8521 WAL	9781492871842	Walker, Pete
Emotional Abuse: A Manual for Self-defense	Book	158.2 MUC	9781540835185	Mucha, Zach
Finding Life Beyond Trauma Using Acceptance & Commitment Therapy	Book	616.8521 FOL	9781572244979	Follette & Pistorello
Finding Life Beyond Trauma Using Acceptance & Commitment Therapy	EBOOK-E	E-BOOK	9781608823109	Follette & Pistorello
Finding Peace: Healing from Loss, Rejection, Abandonment, Betrayal and Abuse	Book	158.1 LOV	9781546458722	Love, Troy
Healing Developmental Trauma	Book	612.8 HEL	9781583944899	Heller & LaPierre
Healing Developmental Trauma	EBOOK-E	E-BOOK	9781583945117	Heller & LaPierre
How Long Does It Hurt?: A Guide to Recovering from Incest and Sexual Abuse for Teenagers	Book	362.7680973 MAT	9780787975692	Mather, Cynthia
It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are	Book	155.924 WOL	9781101980361	Wolynn, Mark
It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are	EBOOK-E	E-BOOK	9781101980378	Wolynn, Mark
It Wasn't Your Fault: Freeing Yourself from the Shame of Childhood Abuse	Book	616.858223 ENG	9781626250994	Engel, Beverly
It Wasn't Your Fault: Freeing Yourself from the Shame of Childhood Abuse	EBOOK-E	E-BOOK	9781626251014	Engel, Beverly
It Wasn't Your Fault: Freeing Yourself from the Shame of Childhood Abuse	Audio Book	DIGITAL AUDIOBOOK	9781501217296	Engel, Beverly
It's Not You, It's What Happened to You	Book	616.852106 COU	9781941536551	Courtois, Christine
Joining Forces: Empowering Male Survivors to Thrive	Book	362.764019 FRA	9781401941345	Fradkin, Howard
Joining Forces: Empowering Male Survivors to Thrive	EBOOK-E	E-BOOK	9781401941352	Fradkin, Howard
Life Reinvented: A Guide to Healing from Sexual Trauma	Book	362.76019 CAR	9780989834124	Carpenter, Erin

Trauma – Abuse – Complex PTSD – Domestic Violence – PTSD – Sexual Assault First Responders & Military	Format	Call Number	ISBN	Author
Loving Someone With PTSD	Book	616.8521 MAT	9781608827862	Matsakis, Aphrodite
Loving Someone With PTSD	EBOOK-E	E-BOOK	9781608827886	Matsakis, Aphrodite
Meditations for Healing Trauma: Mindfulness Skills to Ease Post-traumatic Stress	Book	616.8521 DAV	9781626255029	Davis, Louanne
Meditations for Healing Trauma: Mindfulness Skills to Ease Post-traumatic Stress	EBOOK-E	E-BOOK	9781626255043	Davis, Louanne
Mindfulness Skills for Trauma and PTSD: Practices for Recovery	Book	616.8521 TUR	9780393711264	Goldsmith Turow, Rachel
Mothers Who Can't Love: A Healing Guide for Daughters	Book	155.6463 FOR	9780062204363	Forward & Frazier Glynn
Mothers Who Can't Love: A Healing Guide for Daughters	EBOOK-E	E-BOOK	9780062204356	Forward & Frazier Glynn
Murder Survivor's Handbook	Book	155.937 SAI	9780989691307	Saindon, Connie
Not the Price of Admission: Healthy Relationships After Childhood Trauma	Book	616.8521 BRO	9781517683405	Brown, Laura
Overcoming Trauma and PTSD	Book	616.8521 RAJ	9781608822867	Raja, Sheela
Overcoming Trauma and PTSD	EBOOK-E	E-BOOK	9781608822874	Raja, Sheela
Post Traumatic Stress: Not a Life Sentence	Book	616.852106 HEN	9780994395115	Hennessy, Nola Anne
Power: Surviving and Thriving After Narcissistic Abuse	Book	158.2 ARA	9781945796326	Arabi, Shahida
Recovery from Trauma, Addiction, or Both	Book	616.8603 NAJ	9781462521982	Najavitz, Lisa
Recovery from Trauma, Addiction, or Both	EBOOK-E	E-BOOK	9781462530311	Najavitz, Lisa
Should I Stay, or Should I Go: Surviving a Relationship with a Narcissist	Book	158.2 DUR	9781682613337	Durvasula, Ramani
Surviving Domestic Violence	Book	362.8292 WOZ	9781440542718	Wozniac & Allen
Surviving Sexual Violence: A Guide to Recovery and Empowerment	Book	362.88 SUR	9781442206403	Bryant-Davis, Thema
Surviving Sexual Violence: A Guide to Recovery and Empowerment	EBOOK-E	E-BOOK	9781442206410	Bryant-Davis, Thema
The Complex PTSD Workbook	Book	616.852106 SCH	9781623158248	Schwartz, Arielle
The Emotionally Absent Mother	Audio Book	DIGITAL AUDIOBOOK	9781541423275	Cori, Jasmin Lee
The Emotionally Absent Mother	Book	155.924 COR	9781615193820	Cori, Jasmin Lee
The Emotionally Absent Mother	EBOOK-E	E-BOOK	9781615193837	Cori, Jasmin Lee
The PTSD Sourcebook 2nd Edition	Book	616.8521 SCH	9780071840590	Schiraldi, Glenn
The PTSD Sourcebook 2nd Edition	EBOOK-E	E-BOOK	9780071840569	Schiraldi, Glenn
The PTSD Workbook 3rd Edition	Book	616.8521 WIL	9781626253704	Williams, Mary Beth
The PTSD Workbook 3rd Edition	EBOOK-E	E-BOOK	9781626253728	Williams, Mary Beth
The PTSD Workbook for Teens	Book	YA 616.8521 PAL	9781608823215	Palmer, Libbi
The PTSD Workbook for Teens	EBOOK-E	E-BOOK	9781608823239	Palmer, Libbi
The Resilience Workbook	Book	155.24 SCH	9781626259409	Schiraldi, Glenn
The Resilience Workbook	EBOOK-E	E-BOOK	9781626259423	Schiraldi, Glenn
The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse	Book	616.858223 MAL	9780062130730	Maltz, Wendy
The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse	EBOOK-E	E-BOOK	9780062230133	Maltz, Wendy
The Sexual Trauma Workbook for Teen Girls	Book	YA 616.85836 LOH	9781626253995	Lohmann & Raja
The Sexual Trauma Workbook for Teen Girls	EBOOK-E	E-BOOK	9781626254015	Lohmann & Raja
The Tao of Fully Feeling	Book	362.2913 WAL	9781515079767	Walker, Pete
Trauma and Recovery	Audio Book	DIGITAL AUDIOBOOK	9781452624846	Herman, Judith
Trauma and Recovery	Book	616.8521 HER	9780465061716	Herman, Judith

Trauma – Abuse – Complex PTSD – Domestic Violence – PTSD – Sexual Assault First Responders & Military	Format	Call Number	ISBN	Author
Understanding Codependency: How to Overcome Abuse, Addiction, Trauma and Shaming	Book	616.869 UND	9781546423386	Smart Reads
Understanding the Sexual Betrayal of Boys and Men	Book	616.858369 UND	9781138942219	Gartner, Richard
Verbal Abuse: How to Save a Child from It	Book	362.76 GER	9781545317471	Gertony, Emma
When Love Hurts: A Woman's Guide to Understanding Abuse in Relationships	Book	362.8292 COR	9780425274286	Cory, Jill
When Love Hurts: A Woman's Guide to Understanding Abuse in Relationships	EBOOK-E	E-BOOK	9780698155305	Cory, Jill
Women with Controlling Partners	Book	362.82927 LAM	9781626254718	Lambert, Carol
Women with Controlling Partners	EBOOK-E	E-BOOK	9781626254732	Lambert, Carol
Your Turn for Care: Surviving the Aging and Death of the Adults Who Harmed You	Book	362.764 BRO	9781478274186	Brown, Laura
First Responders & Military	Format	Call Number	ISBN	Author
56 Seconds	Book	616.8521 GRA	9780988131606	Gravel, Sylvio
56 Seconds	EBOOK-E	E-BOOK	9780988131613	Gravel, Sylvio
Bouncing Back from Trauma	Book	363.2019 GAL	9781546873204	Gallo, Frank
Bullet Proof Spirit: The First Responder's Essential Resource	Book	155.9 WIL	9781608682614	Willis, Dan
Bullet Proof Spirit: The First Responder's Essential Resource	EBOOK-E	E-BOOK	9781608682621	Willis, Dan
Cop Shock: Surviving PTSD	Book	616.8521 KAT	9780966850123	Kates, Allen
Healing Military Wounds	Book	616.852106 ROA	9781945558108	RoAne, Lucille
Sexual Assault in the Military: A Guide for Victims and Families	Book	362.883 LAW	9781442274839	Lawhorne-Scott & Philpott
Sexual Assault in the Military: A Guide for Victims and Families	EBOOK-E	E-BOOK	9781442227514	Lawhorne-Scott & Philpott
Walk the Talk: First Responder Peer Support	Book	158.72 MCK	9780988131668	Gravel & Mckay
When the Laughter Dies: A True Account of a Firefighter/EMT and His Struggles With PTSD	Book	B 363.37 BAR	9781508787297	Barnes, Paul Sr.
Why is Dad So Mad? A Book About PTSD and Military Families	Book	J P KAS	9780692402689	Kastle, Seth
Why is Mom So Mad? A Book About PTSD and Military Families	Book	J P KAS	9780692484494	Kastle, Seth