

BOOKS THAT MAY BE HELPFUL:

I Can't Get Over It: A Handbook for Trauma Survivors by Aphrodite T. Matsakis PhD; Explains that post-traumatic stress disorder affects many types of trauma including vehicular crashes

Finding Life Beyond Trauma: Using Acceptance and Commitment Therapy to Heal from Post-Traumatic Stress and Trauma-Related Problems by Victoria M. Follette and Jacqueline Pistorello; Self-Help Workbook about living life well after a traumatic event

Life After Trauma: A Workbook for Healing by Dena Rosenbloom and Mary Beth Williams

The Trauma Tool Kit: Healing PTSD from the Inside Out by Susan Pease Banitt

The Post-Traumatic Insomnia Workbook: A Step-by-Step Program for Overcoming Sleep Problems After Trauma by Karin Elorriaga Thompson and C. Laurel Franklin

Invisible Heroes: Survivors of Trauma and How They Heal by Belleruth Naparstek

Writing To Heal: A Guided Journal For Recovering From Trauma & Emotional Upheaval by James W. Pennebaker

What Is PTSD?: 3 Steps To Healing Trauma by Dr. Anna Baranowsky and Teresa Lauer LMHC

Healing Together: A Couple's Guide to Coping with Trauma and Post-traumatic Stress by Suzanne B. Phillips and Dianne Kane

Waking the Tiger: Healing Trauma by Peter A. Levine and Ann Frederick

Mindstorms: Living with Traumatic Brain Injury by John W. Cassidy MD

A Terrible Thing Happened by Margaret M. Holmes and Sasha J. Mudlaff (CHILDREN)

Helping Kids Heal: 75 Activities to Help Children Recover from Trauma and Loss by Rebecca Carman CSW (AGES 6-12 - CONTAINS 75 reproducible activities to help children after an acutely traumatic event.)

The Truth About Grief: The Myth of the Five Stages and the New Science of Loss by Ruth Davis Konigsberg

Grief Steps: 10 Steps to Regroup, Rebuild and Renew After Any Life Loss by Brook Noel

No Time For Goodbyes: Coping with Sorrow, Anger, Injustice After a Tragic Death by Janice Harris Lord

On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss by Elisabeth Kubler-Ross

BOOKS THAT MAY BE HELPFUL:

[A Grief Observed](#) by C.S. Lewis

[Streams in the Desert](#) by L.B. Cowman and James Reimann

[A Broken Heart Still Beats: After Your Child Dies](#) by Anne McCracken & Mary Semel

[After the Darkest Hour, The Sun Will Shine Again: A Parent's Guide to Coping with the Loss of a Child](#) by Elizabeth Mchren

[Dealing With Sudden & Unexpected Death: A Handbook For Survivors](#) by Beth Vaughn Cole, Jan Harvey, Leslie Miles

[Finding Hope When A Child Dies; What Other Cultures Can Teach Us](#) by Sukie Miller with Doris Ober

[The Mourning Handbook: Comprehensive Resource Offering Practical Advice](#) by Helen Fitzgerald

[Healing a Father's Grief](#) by William H. Schatz

[First You Die: Learn to Live After the Death of Your Child](#) by Marie Levine

[Grieving the Loss of Someone You Love: Daily Meditations to Help You Through the Grieving Process](#) by Raymond R. Mitsch and Lynn Brookside

[Good Grief](#) by Lolly Winston

[Healing a Spouse's Grieving Heart: 100 Practical Ideas After Your Husband or Wife Dies](#) by Alan D. Wofelt

[Finding Your Way After Your Spouse Dies](#) by Marta Felber

[Through a Season of Grief: Devotions for Your Journey from Mourning to Joy](#) by Bill Dunn and Kathy Leonard

cap@state.sd.us : Have a resource that has been meaningful to you? Please feel free to share your recommendation with the SD Highway Patrol Crash Assistance Program (CAP).