

# **First Person Trauma Survival and Healing Narratives**

## **Bibliographic Resources**

**Compiler's note:** There are many biographical and autobiographical narratives of tragedy, trauma, and the drive of the human spirit for healing, wholeness and ongoing life in the wake of trauma. Over the years, I have sought out these stories as inspiration and as resources for teaching undergraduate and graduate students about issues of victimization and the journey from victimization to survivor; the journey from woundedness to wholeness.

This bibliography has two sections. The first section consists of autobiographical and biographical narratives – including several fictionalized ones. The second section provides a socio-cultural context for the first section. It includes the work of theorists who examine the personal, interpersonal, and socio-cultural nature of trauma from a wide range of perspectives.

Represented in this short bibliography are individuals from Amish, Baptist, Buddhist, Roman Catholic, Jewish, Mennonite, main-line Protestant religious faith traditions as well as individuals whose religious heritage is undeclared. Represented are war's casualties, child abuse survivors, adult sexual abuse survivors of many different ages, and those individuals traumatized as bystanders and witnesses to violation and violence. Attention is paid to the traumatic aftereffects of growing up in poverty surrounded by gang violence. Also included are individuals who have been abused by, offended by, and/or wounded by faulty institutional management of abusive employees or administrators.

The original American PTSD diagnosis was developed by clinicians who were treating veterans for war trauma and sexual abuse survivors for sexual violence trauma. It replaced *shell shock* and *combat fatigue* and *combat neurosis* in the therapeutic lexicon. In the twenty—first century Western world most national clinical formularies now have some version of post-traumatic stress syndrome. It is recognized that there are many sources of trauma and various treatment approaches have proliferated.

I am of the opinion that for individuals who are not therapists but who work in situations where trauma is omni-present, that a basic understanding of the human trauma response is essential. This bibliography is an attempt to provide resources for helping individuals, as well as for traumatized individuals who are seeking to understand themselves.

In situations where traumatic encounters occur within the boundaries of religious institutions, there are spiritual and religious sequelae to abuse. To date, very little published clinical research has addressed these issues. We are dependent, therefore, on survivor's accounts.

Another resource for examining trauma is post-holocaust literature. I have included three resources from this tradition but the literature is voluminous and it can be found by using a search engine with the heading of *Holocaust Literature*.

Thus, this bibliographic listing includes references to and resources for (1) refugee and refugee helper trauma, (2) sexual abuse trauma, (3) holocaust trauma, (4) war trauma, (5) child abuse trauma, (6) poverty and inner city violence trauma, and (7) bystander trauma.

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