



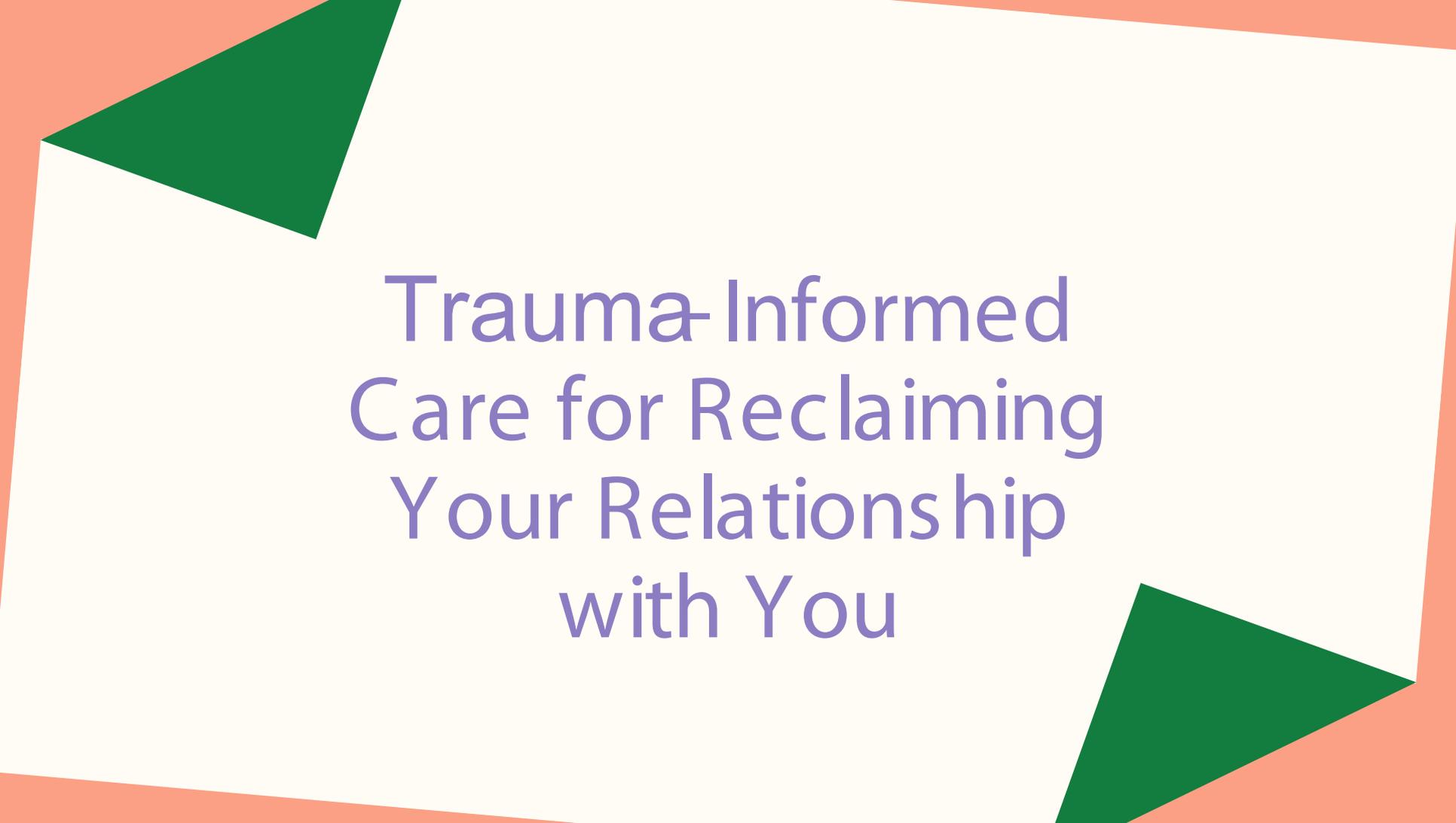
## **SunCloud Health Continuing Education Series**

**Transdiagnostic, integrated care for people with complex co-occurring disorders.**

# **Trauma-Informed Care for Reclaiming Your Relationship with You**

**Kimi Simms, MSW, LCSW**

A decorative white graphic at the bottom of the slide consists of several overlapping, curved lines that resemble a stylized wave or a series of arches, extending across the width of the slide.



Trauma-Informed  
Care for Reclaiming  
Your Relationship  
with You



# Introduction

**Kimi Simms, LCSW**

**Owner of Kimi Simms LCSW PLLC**

**Licensed Clinical Social Worker**

**Telehealth Trauma Therapist**

**Licensed in Illinois and Utah**

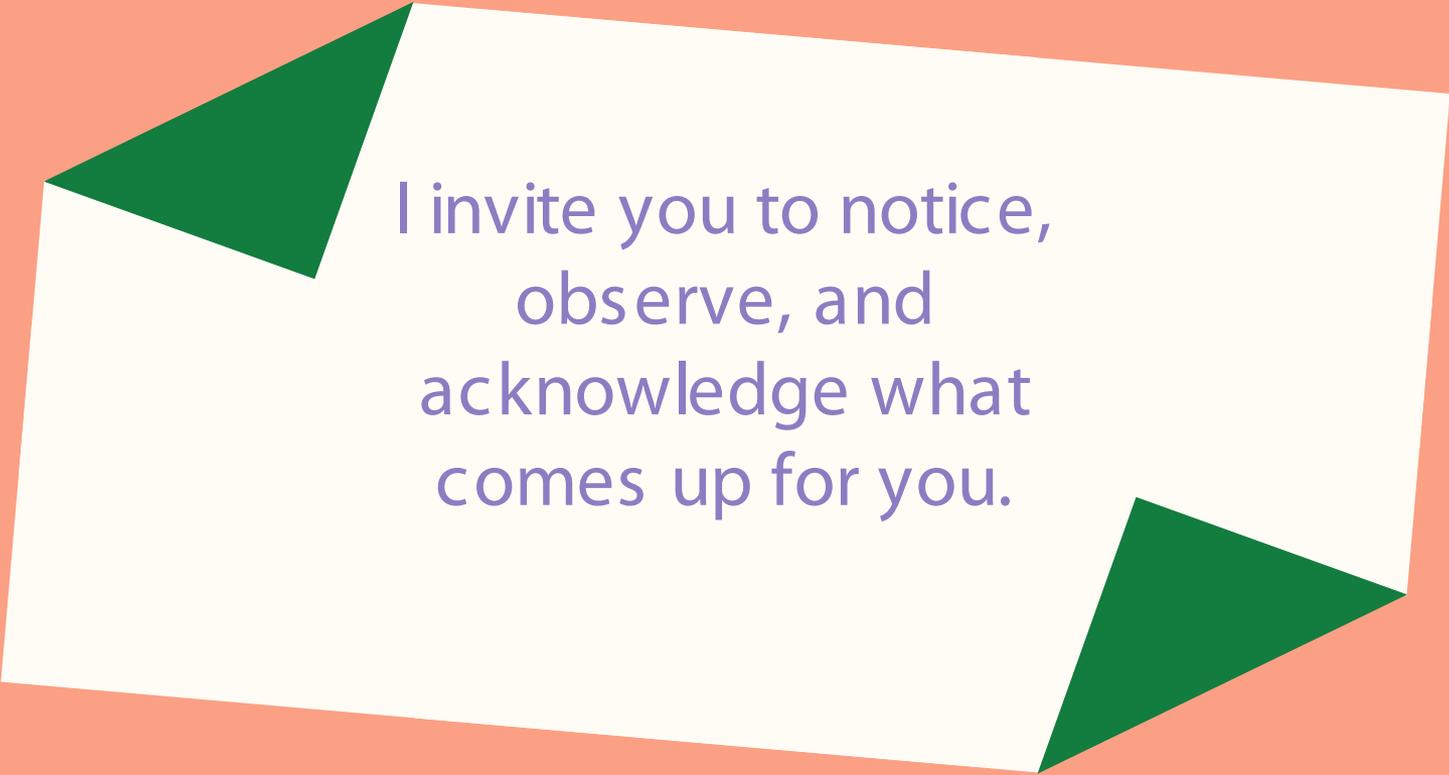
**Pronouns: she/her/hers**





# Learning Objectives and Limitations

- 1. Learning the importance of an integrative approach to trauma reprocessing and to have a better understanding of the different evidence based practices available.**
- 2. Learning more about the importance of psychoeducation in the therapeutic process and the need for adaptive processing and reclaiming when faced with symptoms of C-PTSD.**
- 3. Understanding that healing is not a linear process and trauma reprocessing is not about blaming attachment figures. Rather it is about learning from your trauma narrative and finding your voice again and that voice leading you on a path to reclaiming your internal relationship with all parts of you.**



I invite you to notice,  
observe, and  
acknowledge what  
comes up for you.

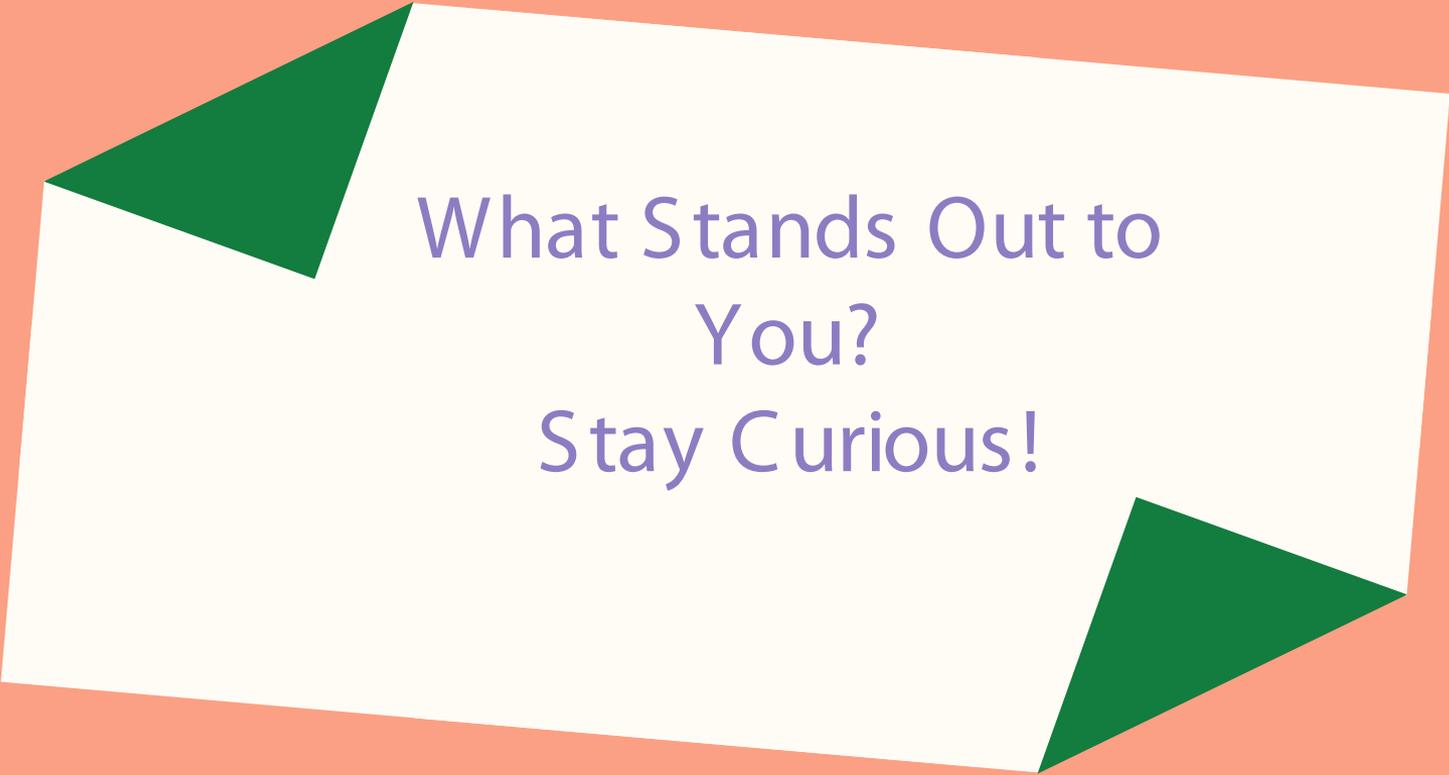


Insight Orientation  
and  
Intuition



# Reflection Questions

- If you met yourself on the street would you want to be friends with yourself? Why yes? Why no?
- Do you ever find yourself giving great advice to others but feel your internal rules are different for yourself?
- Do you feel out of place within your family or origin dynamics? If so, do you also feel authenticity has to be sacrificed for attachment?



What Stands Out to  
You?  
Stay Curious!



Hypocrisy  
&  
Countertransference



Be okay with being  
“fired”  
&  
Scope of Practice



# Window of Tolerance

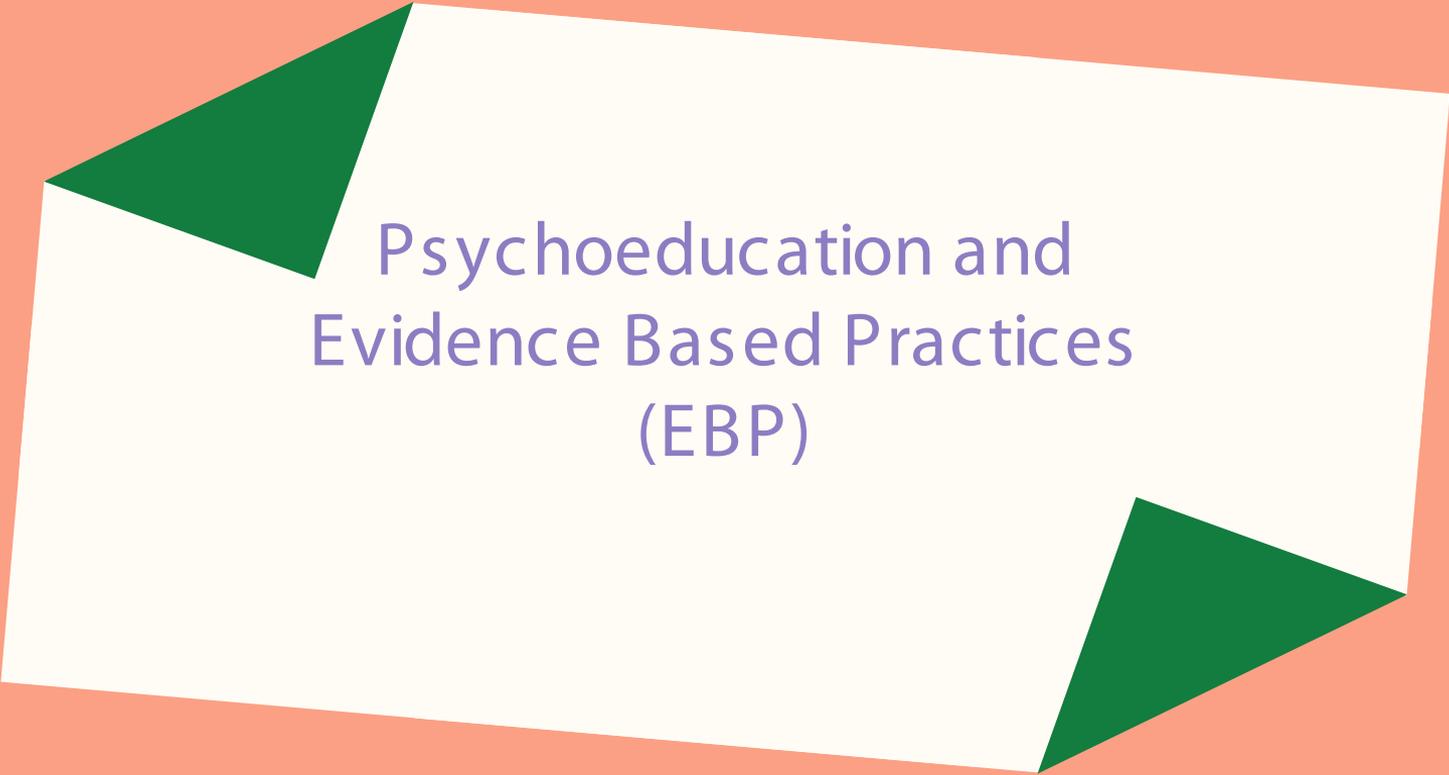


“Options and  
Choices”

“Progress Not  
Perfection”



Reclaiming  
&  
Exposure Therapy



Psychoeducation and  
Evidence Based Practices  
(EBP)

# What is Trauma informed care?

It shifts the focus from “What’s wrong with you? To What happened to you?”

<https://www.traumainformedcare.chcs.org/wp-content/uploads/Fact-Sheet-What-Is-Trauma-Informed-Care.pdf>

# What is Trauma informed care?

Trauma -informed care seeks to:

- (1) realize the widespread impact of trauma and understand paths for recovery;
- (2) recognize the signs and symptoms of trauma in patients, families, and staff;
- (3) integrate knowledge about trauma into policies, procedures, and practices; and
- (4) actively avoid re-traumatization .



## Safety

Throughout the organization, patients and staff feel physically and psychologically safe



## Trustworthiness + Transparency

Decisions are made with transparency, and with the goal of building and maintaining trust



## Peer Support

Individuals with shared experiences are integrated into the organization and viewed as integral to service delivery



## Collaboration

Power differences — between staff and clients and among organizational staff — are leveled to support shared decision-making



## Empowerment

Patient and staff strengths are recognized, built on, and validated — this includes a belief in resilience and the ability to heal from trauma



## Humility + Responsiveness

Biases and stereotypes (e.g., based on race, ethnicity, sexual orientation, age, geography) and historical trauma are recognized and addressed

# What is Trauma?

According to the American Psychological Association, trauma is: “Any disturbing experience that results in significant fear, helplessness, dissociation, confusion, or other disruptive feelings intense enough to have a long lasting negative effect on a person’s attitudes, behavior, and other aspects of functioning.”

<https://www.attachmentproject.com/psychology/7-trauma-types/>

# 7 Core Traumas



## Big "T" Trauma

Assault, accidents, hospitalization



## Little "T" Trauma

Job loss, unexpected moves, difficult relationships



## Chronic Trauma

Long-lasting experiences or responses



## Complex Trauma

Repeated relational distress from childhood



## Insidious Trauma

Daily marginalized group experiences



## Secondary Trauma

Vicarious exposure to others' trauma



## Intergenerational Trauma

Passed down through families/cultures

## Big T vs Little T Trauma

“...what might be a “little T” trauma to someone else could be a “big T” trauma to you, and that’s okay; we’re all affected differently by our unique experiences.”

<https://www.attachmentproject.com/psychology/7-trauma-types/>

# What is Attachment Trauma?

When our caregivers are unable to meet our emotional needs as children, attachment trauma occurs. Attachment trauma is a form of relational trauma involving a severe disruption in the bond between a caregiver and their child.

<https://www.attachmentproject.com/psychology/attachment-trauma/>



# Overt and Covert Attachment Trauma

The most common overt causes of attachment trauma are:

- When the caregiver is a source of fear, abuse, or neglect
- The death of a close family member (i.e., a primary caregiver or sibling)
- Experiencing domestic violence within the home
- A caregiver struggling with substance abuse issues
- The absence of a caregiver due to divorce

Common covert causes of attachment trauma include:

- A general lack of affection from the caregiver toward their child
- When the caregiver is physically or emotionally unavailable (for example, due to a severe physical or mental health condition)
- Postpartum difficulties, such as postpartum depression
- Poor boundaries within the home, including parentification
- When a caregiver manipulates or attempts to control their child by withdrawing affection or evoking shame and guilt.

# Adaptive Processing

Responding v. Reacting  
and  
Circle backs/Repair



## Ambiguous and Complicated Grief and Loss

Ambiguous loss is a person's profound sense of loss and sadness that is not associated with a death of a loved one. It can be a loss of emotional connection when a person's physical presence remains, or when that emotional connection remains but a physical connection is lost. Often, there isn't a sense of closure. Ambiguous loss can feel lonely, stressful and confusing. Your feelings need to be validated and the significance of the experience recognized.

# What is Complex Trauma?

**Complex trauma tends to stem from relationships and is often linked to difficult childhood experiences.**

<https://www.attachmentproject.com/psychology/7-trauma-types/>

## Complex Trauma v. C-PTSD

It's important to understand the difference between using "complex trauma" to describe your experience and having a diagnosis of complex PTSD, or C-PTSD.

<https://www.attachmentproject.com/psychology/7-trauma-types/>

# What is C-PTSD?

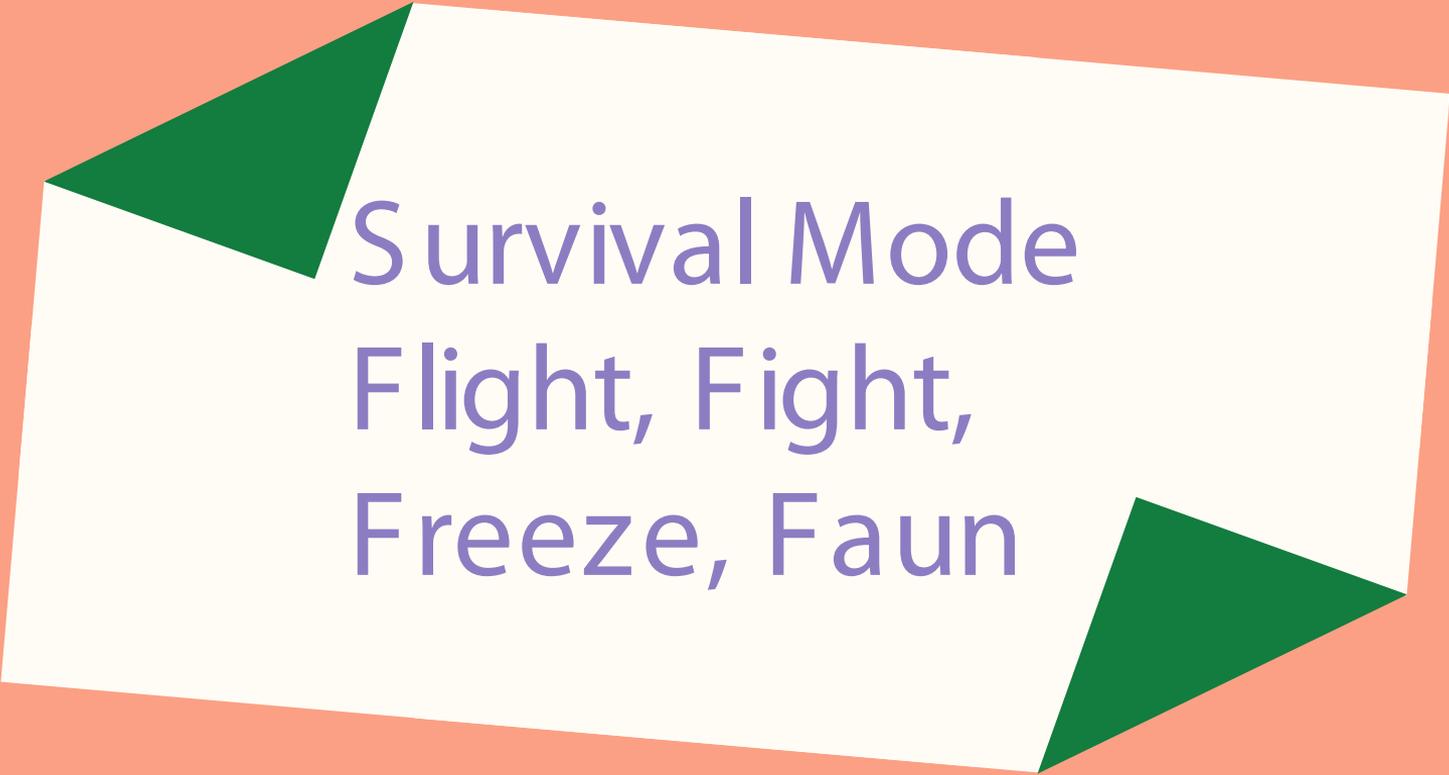
Complex post traumatic stress disorder  
(CPTSD) is a mental health condition which  
results from experiencing chronic trauma  
such as persistent childhood abuse,  
domestic violence, or involvement in wars

<https://www.attachmentproject.com/psychology/7-trauma-types/>

# Symptoms of C-PTSD

The symptoms of CPTSD are similar to those of PTSD, such as experiencing intense and intrusive thoughts, feelings, nightmares, and flashbacks of traumatic events, but people with CPTSD also experience additional symptoms including, but not limited to:

- Avoidance of and detachment from friendships and relationships.
- Feelings of resentment, anger, and distrust towards the world.
- Feeling as though they are inherently damaged or of low self-worth.
- Dissociation from the world and others.
- Emotional dysregulation issues, such as impulsiveness and aggression.
- Negative self view.
- Beliefs of being completely different from others.
- Difficulties sustaining healthy relationships.
- Physical sensations such as headaches, dizziness, nausea, and stomach aches.
- Hopelessness and despair.
- Suicidal ideation.



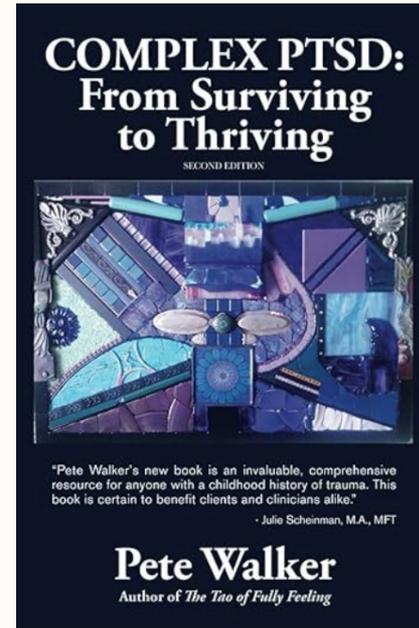
Survival Mode  
Flight, Fight,  
Freeze, Faun

# Complex PTSD: From Surviving to Thriving: A Guide and Map for Recovering from Childhood Trauma

Pete Walker, MA, LMFT

## 5 Troublesome Features of C - PTSD

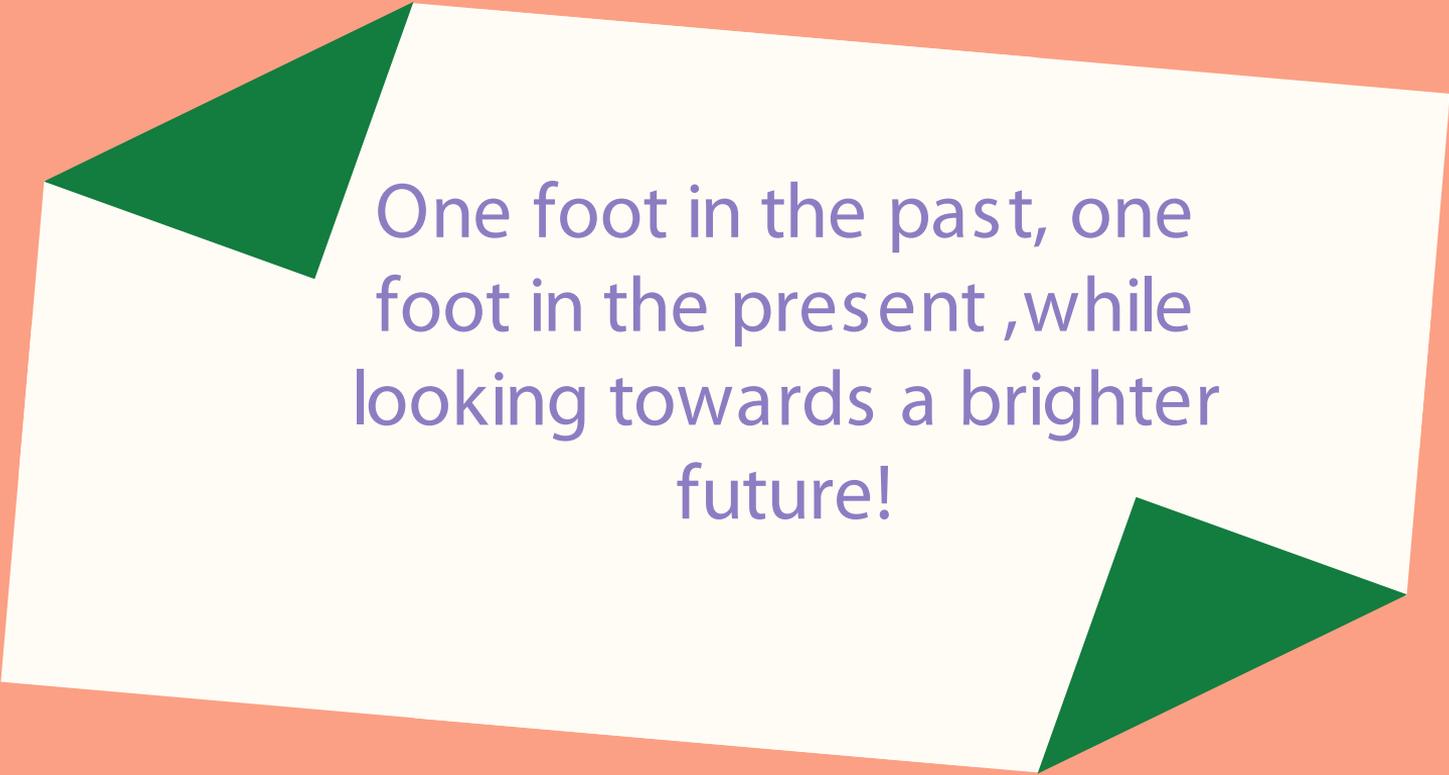
1. **Emotional Flashbacks** —sudden and often prolonged regressions ("amygdala hijackings") to the frightening and abandoned feeling-states of childhood. (e.g. fear, grief, depression, rage, abandonment, alienation, shame, guilt, survival mode(s))
2. **Toxic Shame**
3. **Self-Abandonment**
4. **Vicious Inner Critic**
5. **Social Anxiety**



Walker, P.  
(2021).  
*Complex  
PTSD: From  
surviving to  
thriving*.  
Azure Coyote.



The  
Guilt, Shame,  
Blame Game



One foot in the past, one  
foot in the present ,while  
looking towards a brighter  
future!



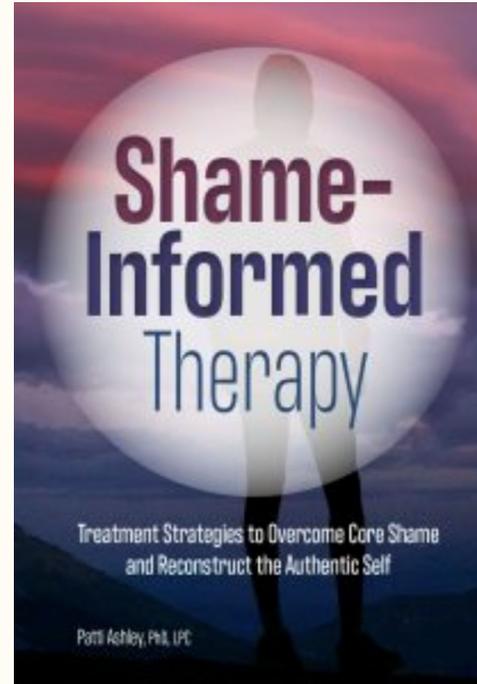
Eye Movement  
Desensitization &  
Reprocessing Therapy (EMDR)

Phase 1 of 8  
History Taking and  
Preparation

# Shame-informed Therapy

## Dr. Patti Ashley

“This workbook for mental health practitioners combines my 40 years of experience in child development and psychology. It includes an overview of the neurobiology of shame as well as many worksheets that help individuals reconstruct their authentic self, overcoming debilitating negative thoughts and feelings of not being good-enough. It can also be used by individuals who want to explore inner healing of shame-based messages and reconstruct the authentic self.”

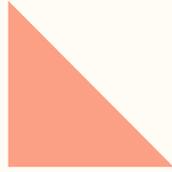


Ashley, P. (2020). *Shame-informed therapy: Treatment strategies to overcome core shame and reconstruct the authentic self.* PESI.

## What is Self-Compassion?

“Having compassion for oneself is really no different than having compassion for others. Derived from latin, the term refers to how we’re with (com) suffering (passion).

<https://self-compassion.org>



# Self-Compassion

Dr. Kristin Neff

“...Think about a time when you’ve felt compassion for a close friend who was suffering. First, to experience compassion you have to actually notice that your friend is struggling or feeling badly about themselves. Second, if what you feel is compassion (rather than pity), you realize that suffering failure, and imperfection are a part of the human experience.

<https://self-compassion.org>



# Self-Compassion

## Myths :

### Self-compassion is not self-indulgence

“Self-indulgence involves giving oneself short-term pleasure at the expense of long-term harm..”

### Self-compassion is not the same as self-esteem

“Typically to have high self-esteem we need to feel special and above average. We have self-esteem when we succeed, but not when we fail. With self-compassion we don't need to be perfect or better than anyone else to feel good about ourselves, we just need to be a flawed human being like everyone else..”

## Myths:

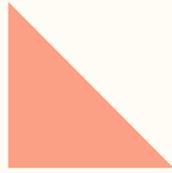
### Self-compassion is not selfish

“Compassion isn't a zero-sum game. The more compassion that flows inward, the more resources we have available to be there for others..”

### Self-compassion is not weakness

“When you go into battle, what's going to make you stronger – being an ally who has your own back or an enemy who cuts you down?.”

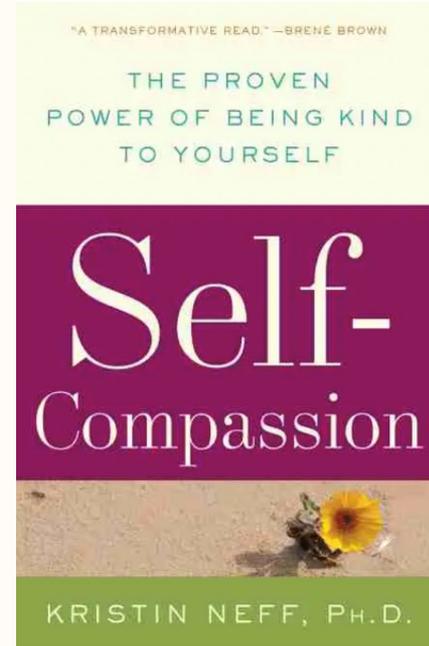
<https://self-compassion.org>



# Self-Compassion

“ Self-compassion simply involves doing a U -turn and giving yourself the same compassion you’d naturally show a friend when *you’re* struggling or feeling badly about yourself. It means being supportive when you’re facing a life challenge, feel inadequate, or make a mistake...

Instead of mercilessly judging and criticizing yourself for various inadequacies or shortcomings, self -compassion means you are kind and understanding when confronted with your failings –after all, who ever said you were supposed to be perfect?”



Neff, K. (2021). *Self-compassion: The proven power of being kind to yourself*. Hodder & Stoughton.

[https://self -compassion.org](https://self-compassion.org)

## Inner Critic

change the tone to  
curiosity and  
compassion

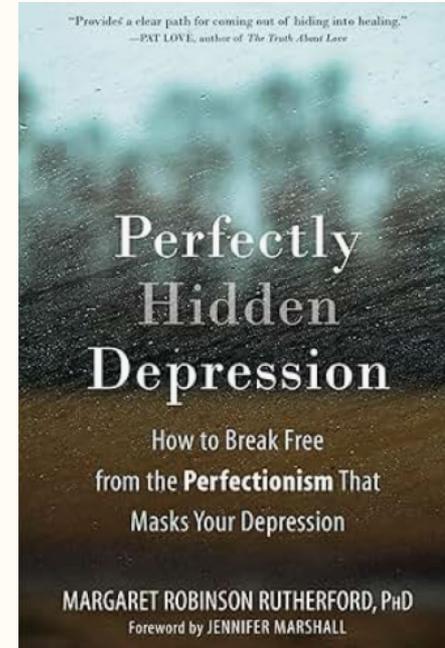
# Perfectly Hidden Depression

## Dr. Margaret Rutherford

If you were raised to believe that painful emotions are a sign of weakness, or if being vulnerable has always made you feel unsafe, then you may have survived by creating a perfect -looking life —a life where you appear to be successful, engaged, and always there for others. The problem? You're filled with self -criticism and shame, and you can't allow yourself to express fear, anger, loss, or grief. You recognize something is wrong, but you're not sure what exactly —only that you feel trapped and alone.

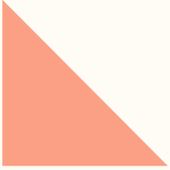
If this sounds like you, you may have perfectly hidden

depression (PHD).



Rutherford, M. R., & Caudill, E. (2020). *Perfectly hidden depression: How to break free from the perfectionism that Masks your depression*. New Harbinger Publications.

<https://drmargaretrutherford.com/the-perfectly-hidden-depressed-person-are-you-one/>

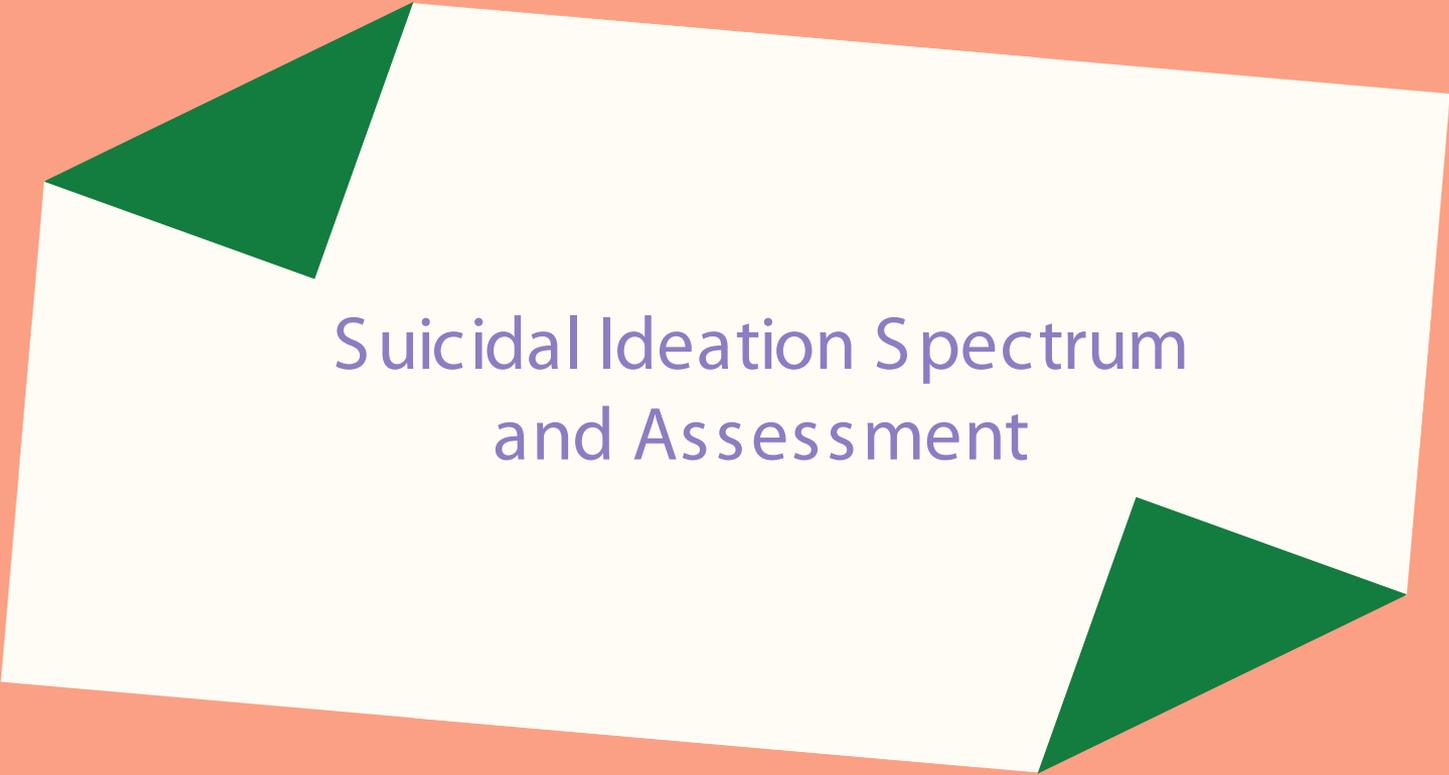


# Perfectly Hidden Depression

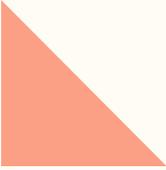
## Symptoms:

- Are highly perfectionistic and have a constant critical and shaming voice
- Demonstrate a heightened or excessive sense of responsibility
- Detach from painful emotions by staying in your head and actively shutting them off
- Worry and need to control yourself and your environment
- Intense focus on tasks using accomplishment to feel valuable
- Focus on the wellbeing of others but don't allow them into your inner world
- Discount personal hurt or sorrow and struggle with self-compassion
- May have an accompanying mental health issue, such as an eating disorder, anxiety disorder, OCD, or addiction
- Believe strongly in counting blessings as a foundation of wellbeing
- May enjoy success within a professional structure but struggle with emotional intimacy with others

Rutherford, M. R., & Caudill, E. (2020). *Perfectly hidden depression: How to break free from the perfectionism that Masks your depression*. New Harbinger Publications.



# Suicidal Ideation Spectrum and Assessment



# Cognitive Behavioral Therapy

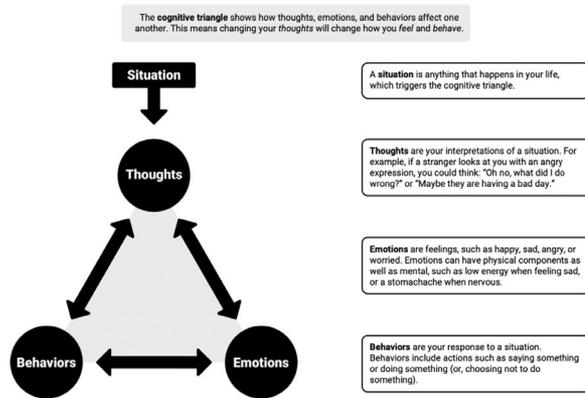
**“In CBT treatment , trained therapists help clients identify distressing thoughts and evaluate how realistic these thoughts are. As clients become aware of their thoughts and are able to evaluate them, they feel better.**

- CBT requires a sound therapeutic relationship
- CBT is educative
- CBT includes action plans (therapy homework)
- CBT Emphasizes the present
- CBT Uses guided discovery and teaches client to respond to their dysfunctional cognitions

# Cognitive Behavioral Therapy

- ❑ Cognitive Distortions/Thinking Traps/Thinking Errors
- ❑ Negative Core Beliefs
- ❑ Behavior activation

## The Cognitive Triangle



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Provided by TherapistAid.com

<https://www.therapistaid.com/worksheets/cbt-triangle>

**Magnification and minimization:** Exaggerating or minimizing the importance of events. You might believe your own achievements are unimportant or that your mistakes are excessively important.

**Catastrophizing:** Seeing only the worst possible outcomes of a situation.

**Overgeneralization:** Making broad interpretations from a single or few events. "I felt awkward during my job interview. I am *always* so awkward."

**Magical thinking:** The belief that thoughts, actions, or emotions influence unrelated situations. "If I hadn't hoped something bad would happen to him, he wouldn't have gotten into an accident."

**Personalization:** The belief that you are responsible for events outside of your control. "My mom is always upset. She would be fine if I did more to help her."

**Jumping to conclusions:** Interpreting the meaning of a situation with little or no evidence.

**Mind reading:** Interpreting the thoughts and beliefs of others without adequate evidence. "She wouldn't go on a date with me. She probably thinks I'm ugly."

**Fortune telling:** The expectation that a situation will turn out badly without adequate evidence.

**Emotional reasoning:** The assumption that emotions reflect the way things really are. "I feel like a bad friend, therefore I must be a bad friend."

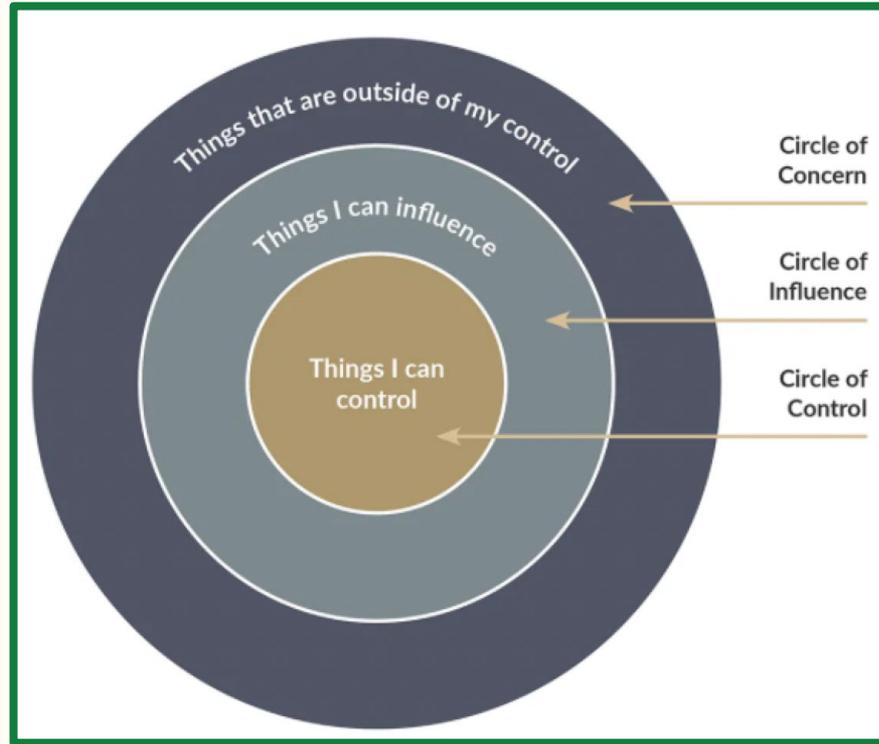
**Disqualifying the positive:** Recognizing only the negative aspects of a situation while ignoring the positive. You might receive many compliments on an evaluation, but focus on the single piece of negative feedback.

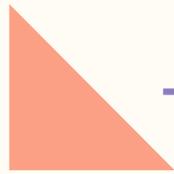
**"Should" statements:** The belief that things should be a certain way. "I should always be perfect."

**All-or-nothing thinking:** Thinking in absolutes such as "always," "never," or "every." "I *never* do a good enough job on anything."

<https://www.therapistaid.com/worksheets/cognitive-distortions>

# Cognitive Behavioral Therapy





# Trauma Focused CBT

## Trauma -Focused Cognitive Behavioral Therapy (TF -CBT)

is an evidence -based treatment for children and adolescents impacted by trauma and their parents or caregivers. Research shows that TF -CBT successfully resolves a broad array of emotional and behavioral difficulties associated with single, multiple and complex trauma experiences. This is the official TF -CBT National Therapist Certification Program, in which clinicians can become certified in the TF -CBT treatment model.

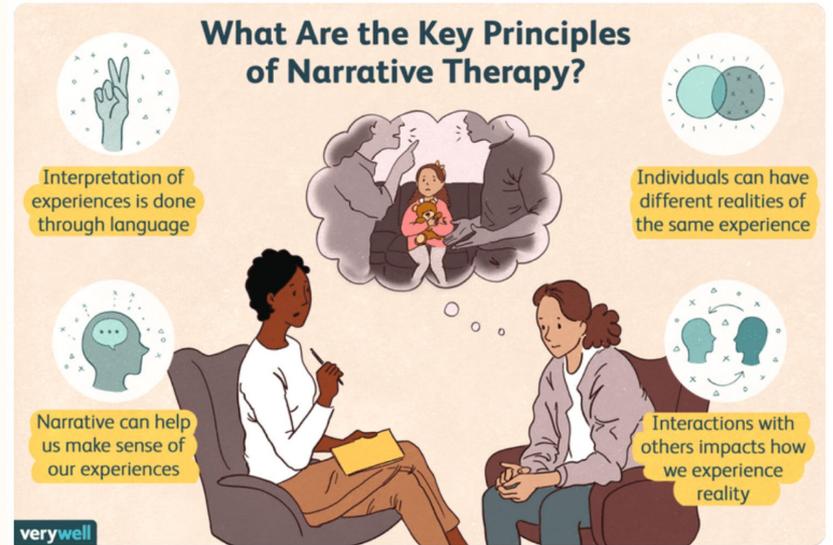
<https://tfcbt.org>

# Trauma Focused CBT and Narrative Therapy

**Respect** : People participating in narrative therapy are treated with respect and supported for the bravery it takes to come forward and work through personal challenges.

**Non-blaming** : There is no blame placed on the client as they work through their stories, and they are also encouraged to not place blame on others. Focus is instead placed on recognizing and changing unwanted and unhelpful stories about themselves and others.

**Client as the expert** : Narrative therapists are not viewed as an advicegiving authority but rather a collaborative partner in helping clients grow and heal. Narrative therapy holds that clients know themselves well and exploring this information will allow for a change in their narratives.



Credit: Verywell / Marina Li

<https://www.verywellmind.com/narrative>

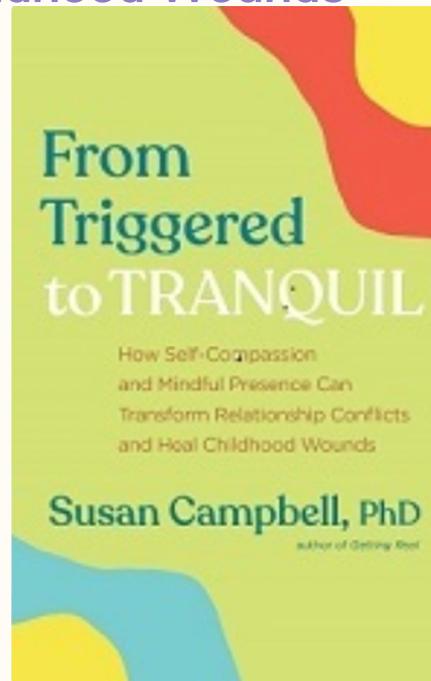
-therapy -4172956

## From Triggered to Tranquil:

# How Self-Compassion and Mindful Presence Can Transform Relationship Conflicts and Heal Childhood Wounds

**Susan Campbell, PhD**

In *From Triggered to Tranquil*, she offers a no-blame approach to conflicts and misunderstandings, empowering us to explore triggers and trauma responses and use these as portals to growth and self-compassion.”



Campbell, S. M. (2021). *From triggered to tranquil: How self-compassion and mindful presence can transform relationship conflicts and heal childhood wounds*. New World Library.

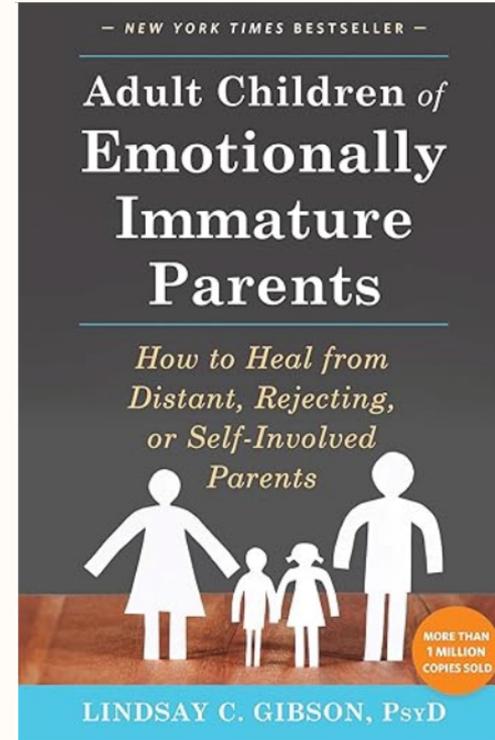


# Adult Children of Emotionally Immature Parents

**Lindsay C. Gibson, PsyD**

If you grew up with an emotionally immature, unavailable, or selfish parent, you may have lingering feelings of anger, loneliness, betrayal, or abandonment. You may recall your childhood as a time when your emotional needs were not met, when your feelings were dismissed, or when you took on adult levels of responsibility in an effort to compensate for your parent's behavior. These wounds *can* be healed, and you *can* move forward in your life.

<https://www.lindsaycgibson.com/books.html>



Gibson, L. C. (2022). *Adult children of emotionally immature parents: How to heal from distant, rejecting, or self-involved parents.* LULU COM.

# What is Internal Family Systems (IFS)?

**Internal Family Systems (IFS) is a therapeutic model that views every human being as a system of protective and wounded inner parts guided by a core Self.**

<https://ifs-institute.com>



## Internal Family Systems (IFS)



<https://www.youtube.com/watch?v=tNA5qTTxFFA>



# Internal Family Systems (IFS)

Dr. Richard Schwartz, PhD

IFS also provides a way of better understanding personal and intimate relationships and stepping into life with the 8 Cs:

1. Confidence

5. Creativity

2. Calm

6. Clarity

3.  
Compassion

7. Curiosity

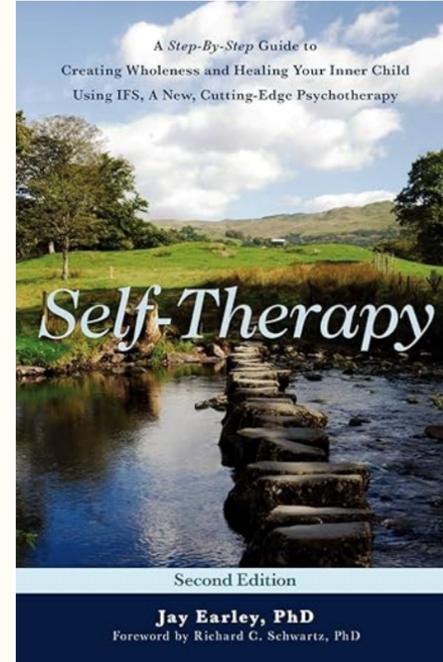
4. Courage

8.  
Connectedness

# Self-Therapy

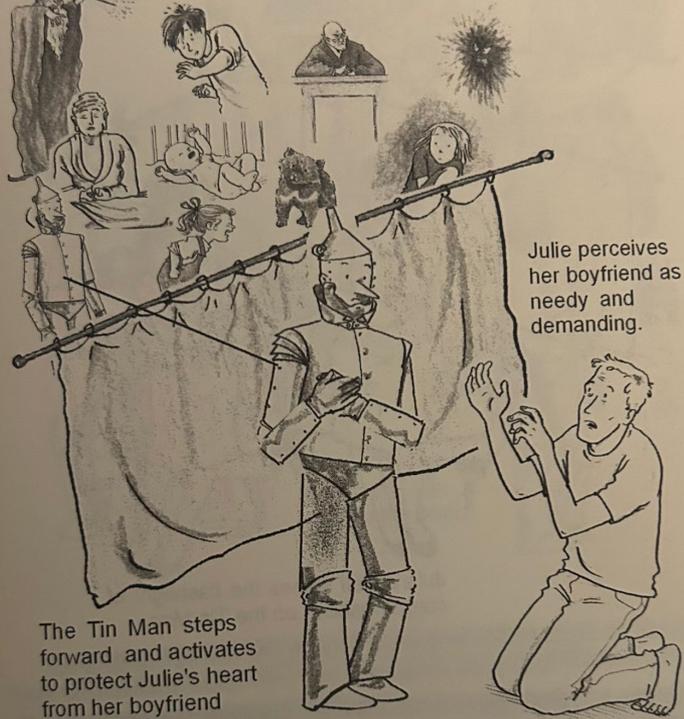
## Jay Early, PhD

Self-Therapy makes the power of a cutting-edge psychotherapy approach accessible to everyone. Internal Family Systems Therapy (IFS) has been spreading rapidly across the country in the past decade. It is incredibly effective on a wide variety of life issues, such as self-esteem, procrastination, depression, and relationship issues.

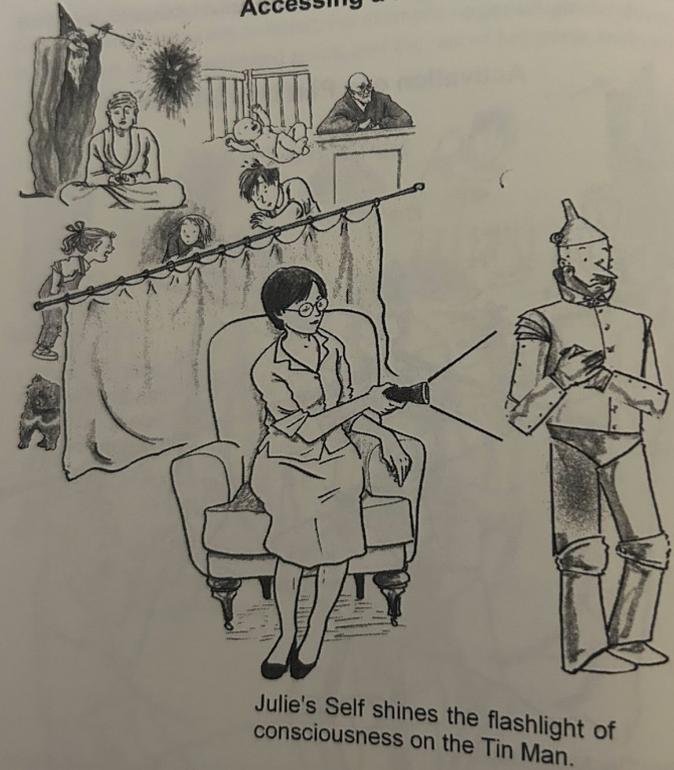


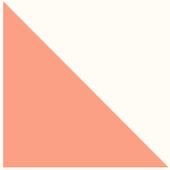
Earley, J., & Schwartz, R. C. (2022). *Self-therapy: A step-by-step guide to creating wholeness using IFS, a cutting-edge psychotherapy*. Pattern Systems Books.

### Activation of a Part by a Situation



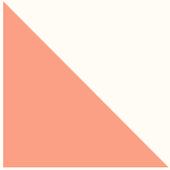
### Accessing a Part





# Dialectical Behavioral Therapy (DBT)

DBT is a therapy program designed by **Marsha Linehan**. It was created to help clients who struggle with depression and anxiety. These clients sometimes find it difficult to continue living. DBT is based on the Biosocial Theory and is intended to help those who are highly sensitive to their environment, are highly reactive to events, often become overwhelmed with emotion, and are slow to return to calm. Their childhood environment may have been invalidating or chaotic. Many of these clients have experienced some form of trauma, and may seek perfectionism.



# Dialectical Behavioral Therapy (DBT)

## DBT Core Concepts

Mindfulness

Distress Tolerance

Emotion regulation

Interpersonal Effectiveness

## DBT Trauma - Informed Skills

Dialectics

Boundaries

Grounding

Opposite action

Willingness v Willfulness

FAST/Values Exploration

Wise Mind

# Dialectical Behavioral Therapy (DBT) Skills

## Self-Respect Effectiveness: FAST

**Self-respect effectiveness** refers to your ability to stay true to your values during social interactions. The acronym **FAST** teaches skills for protecting your self-respect:

**F**

### **(Be) fair**

Consider each person's perspective and be fair. Don't take advantage of others, and say "no" if you believe others are taking advantage of you.

**A**

### **(No) apologies**

Don't over-apologize. You never need to apologize for making a request or for disagreeing. Save apologies for when you've made a mistake.

**S**

### **Stick to your values**

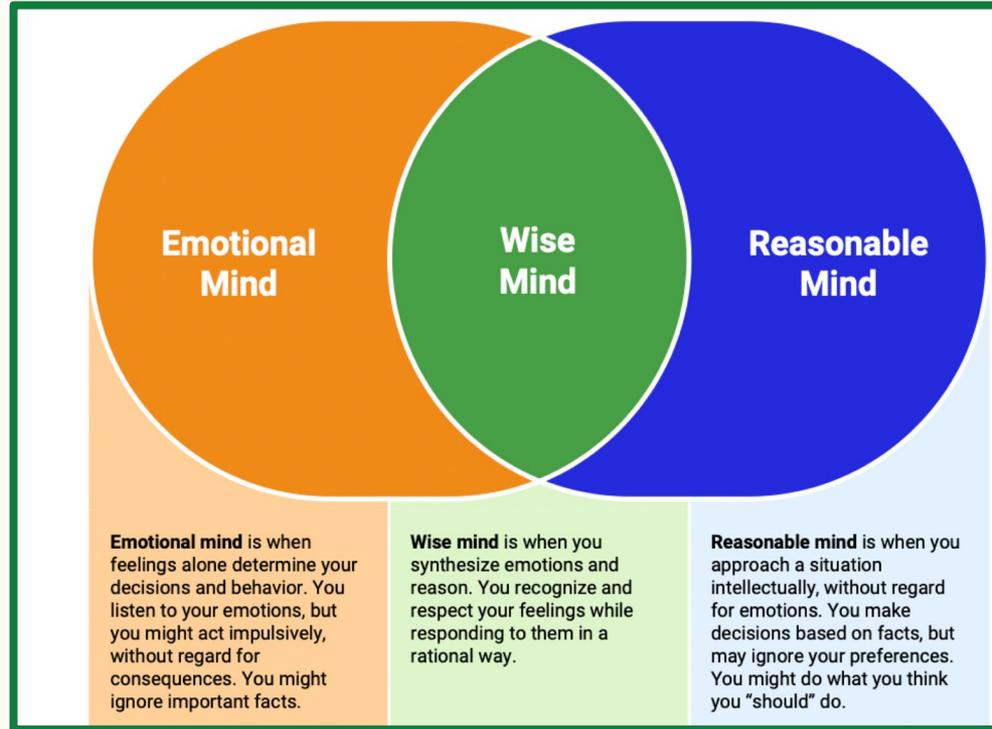
Develop an understanding of your values (the things that matter most to you and your morals). Know your red lines, and be willing to stand up for them.

**T**

### **(Be) truthful**

Avoid dishonesty such as exaggeration, manipulation, and outright lying. There might be a time and place for "white lies," but even these should be used carefully.

# Dialectical Behavioral Therapy (DBT) Skills





# Eye Movement Desensitization & Reprocessing Therapy (EMDR)

EMDR therapy is an eight -phase treatment. Eye movements (or other bilateral stimulation) are used during one part of the session... As this happens, for reasons believed by a Harvard researcher to be connected with the biological mechanisms involved in Rapid Eye Movement (REM) sleep, internal associations arise and the clients begin to process the memory and disturbing feelings. In successful EMDR therapy, the meaning of painful events is transformed on an emotional level.



# Eye Movement Desensitization and Reprocessing Therapy (EMDR)

## 8 Phases

Phase 1: History Taking and Preparation

Phase 2: Assessment

Phases 3 - 6: BLS/Adaptive Processing/Target Memories/EMD

Phase 7: Closure

Phase 8: Future Templates



Shapiro, F.  
(2014).  
*Getting past  
your past:  
Take control  
of your life  
with self-help  
techniques  
from EMDR  
therapy.*  
Rodale :  
Distributed to  
the trade by  
Macmillan.



# Eye Movement Desensitization and Reprocessing Therapy (EMDR)

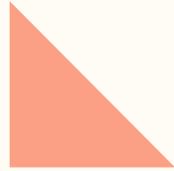
- Containment v. Compartmentalization
- Trigger
- Image
- Cognition
  - Negative Cognition
  - Positive Cognition
- Emotion(s)
- Sensation
- Behavior/Parts
- Activation

## EMDR T.I.C.E.S. Record

The processing we have done today may continue after the session. You may or may not notice new insights, thoughts, memories, or dreams. If you do, just notice what you are experiencing. Take a snapshot of it (what you are seeing, feeling, thinking, and the trigger) and keep a log. We can work on this new material next time. If you feel it is necessary, call me.

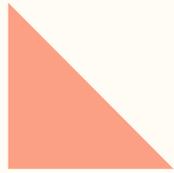
Name: \_\_\_\_\_

Date/ time	Trigger	Image	Cognitions % belief	Emotion % severity	Sensation % severity	Behaviour
9:00am 10.10.13	At work - boss talking to me	Of my old boss bullying me	I'm incompetent 80%, I'll get fired if they notice 70%	Anxiety 80%, anger at my new boss 90%.	Trembling in legs, 30% heart pounding 50%	I walked out leaving the boss talking.



# Radical Acceptance

” **Radical acceptance** is the ability to accept situations that are outside of your control without judging them, which reduces the suffering they cause. You can learn how to practice radical acceptance by accepting things for what they are and acknowledging your emotions without denying, avoiding, or ignoring the situation. It can be an effective way to process your feelings and manage difficult experiences.”



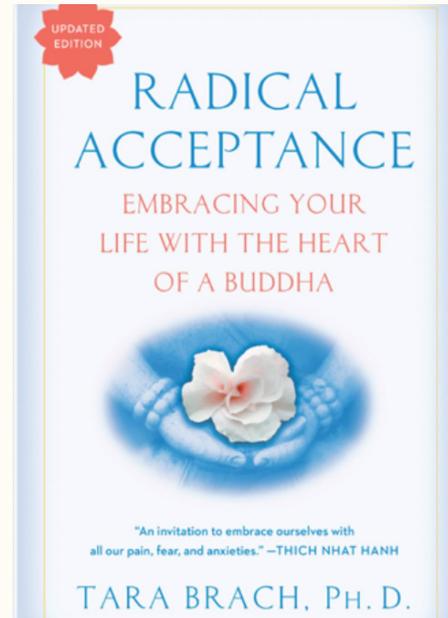
# Radical Acceptance

Embracing Your Life with the Heart of a Buddha

## Tara Brach, PhD

“Believing that something is wrong with us is a deep and tenacious suffering,” says Tara Brach at the start of this illuminating book. This suffering emerges in crippling self-judgments and conflicts in our relationships, in addictions and perfectionism, in loneliness and overwork — all the forces that keep our lives constricted and unfulfilled.

<https://www.tarabrach.com/books/>



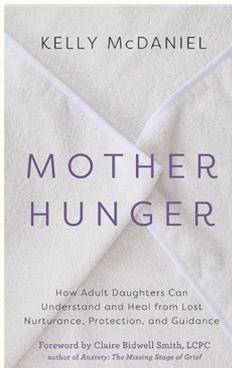
Brach, T.  
(2023).  
*Radical acceptance: Embracing your life with the heart of a buddha.*  
Bantam Books.

# Mindful Self-Compassion for BURNOUT

Tools to Help You Heal and Recharge When You're Wrung Out by Stress

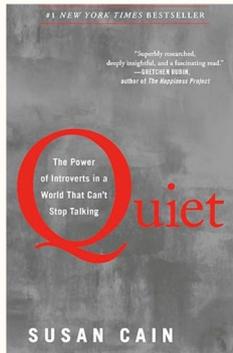


Kristin Neff, PhD | Christopher Germer, PhD

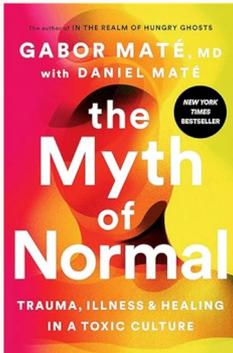


How Adult Daughters Can Understand and Heal from Lost, Nurturance, Protection, and Guidance

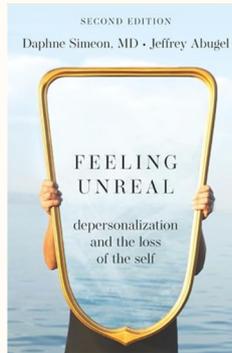
Foreword by Claire Bidwell Smith, LCPC  
author of *Alimony: The Missing Steps of Grief*



SUSAN CAIN

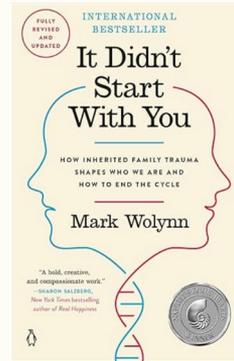


TRAUMA, ILLNESS & HEALING IN A TOXIC CULTURE



FEELING UNREAL

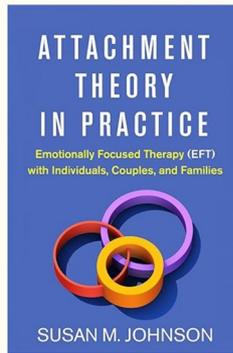
depersonalization and the loss of the self



It Didn't Start With You

HOW INHERITED FAMILY TRAUMA SHAPES WHO WE ARE AND HOW TO END THE CYCLE

Mark Wolynn



ATTACHMENT THEORY IN PRACTICE

Emotionally Focused Therapy (EFT) with Individuals, Couples, and Families

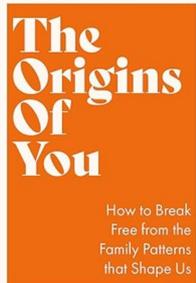
SUSAN M. JOHNSON

# They're Not Gaslighting You

Ditch the Therapy Speak and Stop Hunting for Red Flags in Every Relationship

love bomb  
narcissist  
boundaries  
narcissistic  
gaslighting  
toxic

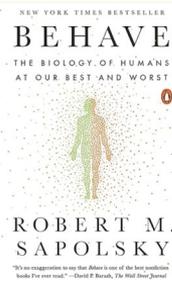
Dr. Isabelle Morley



The Origins of You

How to Break Free from the Family Patterns that Shape Us

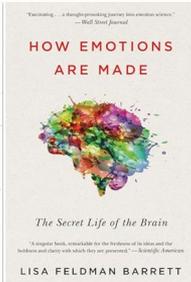
# BOOKS!!!!!!



BEHAVE

THE BIOLOGY OF HUMANS AT OUR BEST AND WORST

ROBERT M. SAPOLSKY

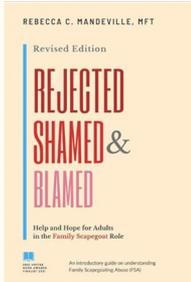


HOW EMOTIONS ARE MADE



The Secret Life of the Brain

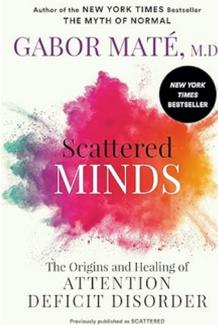
LISA FELDMAN BARRETT



REJECTED, SHAMED & BLAMED

Help and Hope for Adults in the Family Supportive Role

REBECCA C. MANDEVILLE, MFT



Author of the NEW YORK TIMES Bestseller THE MYTH OF NORMAL

GABOR MATÉ, M.D.

NEW YORK TIMES BESTSELLER

Scattered Minds

The Origins and Healing of ATTENTION DEFICIT DISORDER

Previously published as SCATTERED

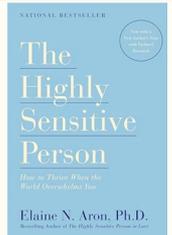


NEW YORK TIMES BESTSELLER

OVER 1 MILLION COPIES IN PRINT

TOXIC PARENTS

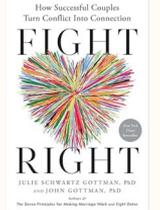
DR. SUSAN FORWARD with CRAIG BUCK



NATIONAL BESTSELLER

The Highly Sensitive Person

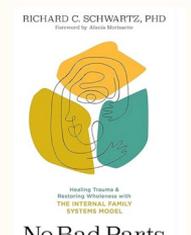
Elaine N. Aron, Ph.D.



How Successful Couples Turn Conflict Into Connection

FIGHT OR RIGHT

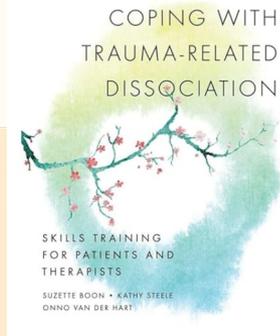
JULIE SCHWARTZ GOTTMAN, PHD and JOHN GOTTMAN, PHD



RICHARD C. SCHWARTZ, PHD

Healing Trauma & Restoring Wholeness with THE INTERNAL FAMILY SYSTEMS MODEL

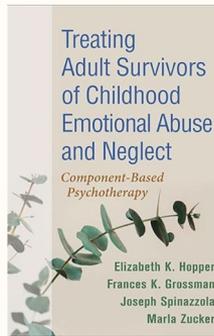
No Bad Parts



COPING WITH TRAUMA-RELATED DISSOCIATION

SKILLS TRAINING FOR PATIENTS AND THERAPISTS

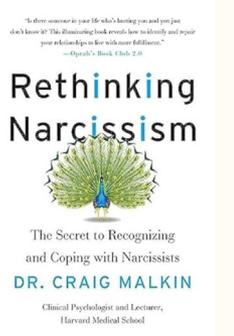
SUZETTE BOON & KATHY STEELE



Treating Adult Survivors of Childhood Emotional Abuse and Neglect

Component-Based Psychotherapy

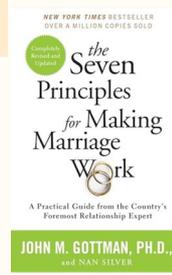
Elizabeth K. Hopper



Rethinking Narcissism

The Secret to Recognizing and Coping with Narcissists

DR. CRAIG MALKIN



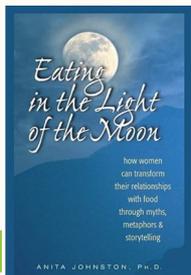
NEW YORK TIMES BESTSELLER

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The Seven Principles for Making Marriage Work

A Practical Guide from the Country's Foremost Relationship Expert

JOHN M. GOTTMAN, PH.D., and NAN SILVER



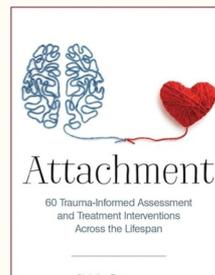
NEW YORK TIMES BESTSELLER

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Eating in the Light of the Moon

How women can transform their relationships with food through myths, metaphors & storytelling

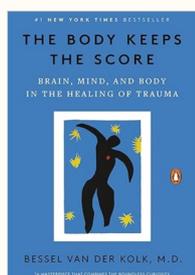
ANITA JOHNSTON, PH.D.



Attachment

60 Trauma-Informed Assessment and Treatment Interventions Across the Lifespan

Christina Reiss, PhD, LPC



THE BODY KEEPS THE SCORE

BRAIN, MIND, AND BODY IN THE HEALING OF TRAUMA

BESSEL VAN DER KOLK, M.D.



Thank you!



## Contact Information

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**Owner of Kimi Simms LCSW PLLC**

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**Trauma-Informed Care for Reclaiming Your Relationship with You**

February 27, 2026  
11AM – 12PM CST

Attendees Receive 1 CE, the CE credit provided at these events is valid for Illinois providers only.

Join our webinar presented by  
**Kimi Simms, MSW, LCSW**  
Therapist



**Therapeutic Support for Children & Adolescents Struggling with Self-Harm**

March 13, 2026  
11AM – 12PM CST

Attendees Receive 1 CE, the CE credit provided at these events is valid for Illinois providers only.

Join our webinar presented by  
**Lacey Lemke, PsyD**  
Assistant Vice President of Clinical Services



**Reading Between the Lines: Supporting Subtle Dysregulation in Neurodivergent Children**

April 17, 2026  
11AM – 12PM CST

Attendees Receive 1 CE, the CE credit provided at these events is valid for Illinois providers only.

Join our webinar presented by  
**Katrina Gainey, MSW, LCSW**  
Phoenix Rising Counseling & Guidance



## Supporting Your Practice

*To collaborate and learn more about our programs:*

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**Lori Kehoe, MA-CMHC**

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