The Big List of TIC Content

Table of Contents

Notes on This List
- Searching the List
- A Living Document You Help Create
- Trauma-Informed Change Isn't Just One Thing

Read
- Core Essentials
- Trauma-Informed Voices Worth Knowing
- Trauma Healing
- Attachment
- Intersectional Reads
- Racial Trauma & Healing
- Gender & Sexuality
- Systems Change

Watch

Listen

More Chefalo Consulting Resources
- Free Stuff
- Programs

Other Resources

Notes on This List

This list is organized into three main sections to support different learning styles: read, watch, and listen. At the end, you'll find other Chefalo Consulting resources, including notes on a few projects we are currently developing to further support our community.

Searching the List

Each resource includes a short description so that you can easily search for keywords related to your topics of interest.

To search on Mac, use (command + f). To search on Windows, use (control + f). For example, you might search key terms like “mindful,” “neuro,” “healthcare,” “tools,” or “foster,” depending on what kind of resource you're looking for.

If there are zero results, try modifying your search. For example, if you type in “foster-care,” any results containing “foster care” with no hyphen will not appear. So, searching “foster” will yield better results.

A Living Document You Help Create

This list is a living document, which means it grows with us. Updates will be made regularly as new resources become available–and as we discover them.

Your ideas and opinions on these resources are valuable, and we want to hear them. Did you just read a great book you think belongs on this list? Is your favorite TIC podcast not here? Are we missing a trigger warning? Please reach out to shen@chefaloconsulting.com and/or hello@chefaloconsulting.com with recommendations, thoughts, questions, and more regarding this list. We love hearing from you!

Trauma-Informed Change Isn't Just One Thing

Skimming the list, you'll see there is a wide variety of topics on here. You might even think, *how does any of this relate?* The answer is *trauma-informed change*. TIC isn't just one thing. It encompasses a variety of personal change and systems change concepts and strategies.

The more you learn, the more you'll see how all of these topics are more closely connected than most people think. Mindfulness and social justice? Not separate. Childhood trauma and homelessness? Not separate. Therapy and effective labor unions? Not separate.

If you still don't understand how these things are interrelated, dive in. I promise the picture will start to come together as you learn and grow.

Read

Core Essentials

Hood Feminism: Notes from the Women That a Movement Forgot by Mikki Kendall (read now)
A must-read for anyone who is or wants to be a feminist.

The Kaiser-CDC ACEs Study (read now)
In partnership with Kaiser Permanente and the CDC, Vincent J. Felitti and Robert F. Anda published the ACEs study in 1998. This groundbreaking study was instrumental in furthering trauma research and helping us understand the impact of trauma.

Listen Like You Mean It: Reclaiming the Lost Art of True Connection by Ximena Vengoechea (read now)
When you listen, are you really hearing what's being said? Vengoechea offers up scripts, key questions, exercises, and illustrations to help you learn how to ask the right questions, pause at the right moments, navigate vulnerability, and refocus conversations.

My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies by Resmaa Menakem (read now)
An amazing book of trauma healing that weaves insight into systemic violence with actionable strategies for healing.

We Should All Be Feminists by Chimamanda Ngozi Adichie (read now)
Adichie explores why feminism benefits everyone, including men. A must-read.

So You Want to Talk About Race by Ijeoma Oluo (read now)
Oluo presents readers with a difficult topic--the infection of racism--and allows us to have honest and productive conversations about race.

Trauma-Informed Voices Worth Knowing

Creating Sanctuary: Toward the Evolution of Sane Societies by Dr. Sandra Bloom (read now)
First published in 1997 and updated in 2012, this foundational book outlines a trauma-informed hospital-based program for adults with a focus on ACEs, epigenetics, and the impact of trauma.

The Deepest Well: Healing the Long-Term Effects of Childhood Trauma and Adversity by Nadine Burke Harris (read now)
Harris explores the relationship between toxic stress and lifelong illness, proving that ACEs and trauma have physiological impacts.

Destroying Sanctuary: The Crisis in Human Service Delivery Systems by Dr. Sandra Bloom and Brian Farragher (read now)

A close look at the broken healthcare system in the US and the resulting organizational trauma that envisions a transformation of our social service systems with a trauma-informed framework.

Mind: A Journey to the Heart of Being Human by Dr. Daniel J. Siegal (read now)
Siegal, a neuropsychiatrist with an interdisciplinary background, explores identity, connection, and well-being from a scientific approach.

Restoring Sanctuary: A New Operating System for Trauma-Informed Systems Care by Dr. Sandra Bloom and Brian Farragher (read now)
A user-friendly manual for organizational change that addresses the deep roots of toxic stress and illustrates how to transform a dysfunctional human service system into a safe, secure, trauma-informed environment.

The Body Keeps the Score by Bessel Van Der Kolk (read now)
A foundational trauma-informed book by one of the leading voices of the movement. Trigger warning: This book contains anecdotes involving survivors of child abuse, sexual abuse, and combat.

What Happened to You?: Conversations on Trauma, Resilience, and Healing by Oprah Winfrey and Bruce D. Perry (read now)
A great introduction to the trauma-informed perspective shift.

Trauma Healing

Adult Children of Emotionally Immature Parents: How to Heal from Distant, Rejecting, or Self-Involved Parents by Lindsay C. Gibson (read now)
A guide to trauma healing specifically for adults who were forced to grow up fast that provides excellent insight into childhood trauma, barriers to emotional maturity, and the innate need for connection and relationships.

How We Heal by Alex Elle (read now)
In these pages, readers will discover essential techniques for self-healing, including journaling rituals to cultivate innate strength, accessible tools for processing difficult emotions, and restorative meditations to ease the mind.

Kitchen table wisdom by Dr. Rachel Remen (read now)
This remarkable collection of true stories draws on the concept of "kitchen table wisdom"-- the human tradition of shared experience that shows us life in all its power and mystery and reminds us that the things we cannot measure may be the things that ultimately sustain and enrich our lives.

Maybe You Should Talk to Someone by Lori Gottlieb (read now)
A great casual read that showcases Gottlieb's humor and wisdom. Her memoir explores healing through both a patient's and therapist's lens.

NEAR Science | Trauma-Informed Approaches Toolkit by NASTAD (read now)(toolkit)

NEAR Science (neurobiology, epigenetics, adverse childhood experiences, and resilience) provides a holistic understanding of how trauma and resilience impact health outcomes.

Polyvagal Exercises for Safety and Connection by Deb Dana (read now)
A practical guide to working with the principles of polyvagal theory beyond the therapy session.

Trauma-Informed Care Basics, MHTTC (read now)
This informational infographic introduces healing-centered and resilience-oriented system transformation within systems.

The Courage to Be Disliked by Ichiro Kishimi and Fumitake Koga (read now)
Witness a series of powerful conversations that will shed light on topics like self-direction, self-forgiveness, and self-care.

The Choice: Embrace the Possible by Dr. Edith Eva Eger (read now)
A holocaust survivor's Memoir about healing deep traumas. Trigger warning: This book contains descriptions of addiction, suicide, eating disorders, sexual assault, murder, and other WWII atrocities.

Childhood Adversity May Put Women at Higher Risk for Postpartum Depression Years Later, **George Mason University** (read now)

This George Mason-led study found that women exposed to multiple forms of childhood adversity reported higher levels of postpartum depressive symptoms, yet were no more likely to receive additional depression screening. The findings illustrate how childhood adversity can continue affecting health across the life course and point to an important gap between elevated risk and access to responsive care.

The Four Agreements: A Practical Guide to Personal Freedom by Miguel Ruiz (read now)
A "code of conduct" that helps us to free ourselves from limiting beliefs.

The Mountain is You: Transforming Self-Sabotage Into Self-Mastery by Brianna Wiest (read now)
This book will help you let go of self-limiting behaviors that hold you back by exploring the when, why, and how of self-sabotage.

The Politics of Trauma by Staci K. Haines (read now)
This book combines insights into somatic therapy and social change while discussing how trauma and social justice are inextricably linked.

The Pocket Guide to the Polyvagal Theory by Stephen W Porges (read now)
Bridging the gap between research, science, and the therapy room.

The Polyvagal Theory: Neurophysiological Foundations of Emotions, Attachment, Communication, and Self-regulation by Stephen W. Porges (read now)
A collection of groundbreaking research by a leading figure in neuroscience.

The Myth of Normal by Gabor Maté (read now)

In The Myth of Normal, renowned physician Gabor Maté eloquently dissects how Western countries that pride themselves on their healthcare systems are actually seeing an upsurge in chronic illness and general ill health. Prescription drug usage, high blood pressure, mental illness, and so many other troubling issues are on the rise.

The TurnAround Mom: How an Abuse and Addiction Survivor Stopped the Toxic Cycle for Her Family--and How You Can, Too! By Carey Sipp (read now)
Part courageous memoir, part influential how-to guide, The TurnAround Mom offers the tools you need to end the legacy of toxicity. With chilling vignettes from author Carey Sipp's own abusive past, plus the tips and techniques she used to turn her life--and thus the lives of her children--around, this stirring story will be the daily touchstone that you and your family deserve.

Trauma: From Lockerbie to 7/7: How Trauma Affects Our Minds and How We Fight Back by Gordon Turnbull (read now)
The first book for the layman about the history and treatment of Post Traumatic Stress Disorder.

What My Bones Know by Stephanie Foo (read now)
This is a searing memoir of reckoning and healing that explores the science and reality of complex PTSD from an inside perspective.

Attachment

Attached: The New Science of Adult Attachment and How It Can Help You Find and Keep Love by Amir Levine and Rachel Heller (read now)
Learn how to build stronger, more fulfilling connections by understanding your attachment style and the styles of those around you.

How to Win Friends and Influence People by Dale Carnegie (read now)
A classic self-help book from 1998 that explores strategies for getting people to like you, listen to you, and change their minds.

I Never Thought of It That Way: How to Have Fearlessly Curious Conversations in Dangerously Divided Times by Monica Guzman (read now)
This book on communication teaches readers how to approach others with openness and curiosity in order to have difficult conversations.

Nonviolent Communication: A Language of Life by Marshall Rosenberg and Deepak Chopra (read now)
Learn actionable communication skills that will help you embed trauma-informed values into how you relate to others.

The Five Love Languages by Gary Chapman (read now)
This is a widely popularized book on attachment theory. Before reading this, please read "The Five Love Languages Explained," which serves as a trauma-informed preface to Chapman's book, which is riddled with harmful ideology. The article explores a key love language for underserved groups: *acts of solidarity.*

You're Not Listening: What You're Missing and Why It Matters by Kate Murphy (read now)
An illuminating and humorous deep dive into why we're not listening, what it's doing to us, and how to turn this ship around.

Intersectional Reads

Black on Both Sides: A Racial History of Trans Identity by C. Riley Snorton (read now)
Snorton identifies multiple intersections between blackness and transness from the mid-nineteenth century to today.

Nonbinary: Memoirs of Gender and Identity by Micah Rajunov and Scott Duane (read now)
This collection of essays from thirty authors cuts across lines of age, race, ethnicity, ability, class, religion, family, and relationships to show us a world where gender exists along a spectrum of multidimensional space.

Outside the XY: Queer Black and Brown Masculinity by Morgan Mann Willis (read now)
This anthology of 50+ works examines what it's like to exist outside of cisgendered manhood as people of color in the world.

On Intersectionality: Essential Writings by Kimberlé Crenshaw (read now)
These essays are better for an academic audience and directed less toward everyday readers, but they contain foundational content surrounding intersectionality that modern-day feminism is built upon.

Our Work is Everywhere: An Illustrated Oral History of Queer and Trans Resistance by Syan Rose (read now)
This graphic nonfiction book explores many themes surrounding queer and trans resistance, including Black femme mental health, Pacific Islander authorship, fat queer performance art, disability and healthcare practice, sex worker activism, and much more.

Sisters of the Yam: Black Women and Self-Recovery by bell hooks (read now)
Explores the link between self-recovery and political resistance. A great book for people of any ethnicity or gender to better understand intersectionality, especially the unique experiences of Black women.

This Bridge Called My Back: Writings by Radical Women of Color edited by Cherríe Moraga and Gloria E. Anzaldúa (read now)
A collection of essays published over 50 years ago that is still relevant today.

The Nickel Boys by Colin Whitehead (read now)
Based on the real story of a reform school that operated for 111 years and warped the lives of thousands of children, The Nickel Boys is a devastating, driven narrative that showcases a great American novelist writing at the height of his powers and “should further cement Whitehead as one of his generation's best" (Entertainment Weekly).

The Pretty One: On Life, Pop Culture, Disability, and Other Reasons to Fall in Love with Me by Keah Brown (read now)

Brown uses her relatable voice to empower herself and others through this book about self-love that expands the conversation around disability.

White Supremacy Culture Characteristics by Tema Okun (read now)
This website was formerly an essay that has evolved into a critical resource for all trauma-informed leaders and social justice advocates. Truly a must-read.

White Tears/Brown Scars: How White Feminism Betrays Women of Color by Rudy Hamad (read now)
A contemporary investigation of gender and race that we must confront if we wish to move forward.

Racial Trauma & Healing

Design Against Racism: Creating Work That Transforms Communities (read now)
A historical and philosophical exploration of the impact of design on underserved communities, examining the field's shortcomings as well as its potential to create positive change. Through essays that delve into history and practice, and case studies that demonstrate practical strategies, Design Against Racism explores how designers of all disciplines can address, through their work, the legacies of racism and oppression.

From the War on Poverty to the War on Crime: The Making of Mass Incarceration in America by Elizabeth Hinton (read now)
Hinton explores the socio-political ideals and legislation that led the US to its modern policing and prison issues.

How to Be an Anti-Racist by Ibram X Kendi (read now)
A good introduction to anti-racist ideology and actions. Although Kendi's work receives criticism from other scholars in his field, it still has valuable ideas that trauma-informed professionals must engage with.

Maslow's Hierarchy connected to Blackfoot beliefs by Karen Lincoln Michel (read now)
This article dissects Maslow's Hierarchy and gives credit where it is due by exploring its true roots, which lie with the First Nations.

"Microaggression: More Than Just Race" by Derald Wing Sue, Ph.D. (read now)
A must-read for all professionals. This short .pdf is available online for free.

Minor Feelings: An Asian-American Reckoning by Cathy Park Hong (read now)
Hong fearlessly and provocatively blends memoir, cultural criticism, and history to expose fresh truths about racialized consciousness in the US.

The Color of Law: A Forgotten History of How Our Government Segregated America by Richard Rothstein (read now)
Rothstein shows how federal, state, and local governments created and reinforced legal neighborhood segregation through systematic decisions.

The Half Has Never Been Told: Slavery and the Making of American Capitalism by Edward E. Baptist (read now)
This book explores US history from an honest perspective that reveals how the country's success and its legacy of slavery cannot be separated.

The New Jim Crow: Mass Incarceration in The Age of Colorblindness by Michelle Alexander (read now)
A must-read for anyone who works in the criminal justice system or hopes to reform it.

The Return to the Sacred Path: Healing from Historical Trauma and Historical Unresolved Grief Among the Lakota : a Dissertation Based Upon an Independent Investigation by Maria Yellow Horse Brave Heart-Jordan (read now)

The Origin of Others by Toni Morrison (read now)
Popular fiction author Toni Morrison writes about the role of literature in perpetuating racist ideals.

Stamped from the Beginning: The Definitive History of Racist Ideas in America by Ibram X Kendi (read now)
Kendi explores racism from a historical perspective that reveals the motivations behind racist ideals and proves that we are not living in a post-racial society.

White Fragility by Robin DiAngelo (read now)
A must-read for people who believe they aren't racist or who struggle to admit when they've done something racist (because we all do!). DiAngelo unpacks the idea that racism is a systemic issue, not just something that "bad people" do. All people can be racist at times.

White Rage: The Unspoken Truth of Our Racial Divide by Carol Anderson (read now)
Anderson explores the lineage of white rage through historical flashpoints that represent deliberate opposition to racial equity.

Why I'm No Longer Talking to White People About Race by Reni Eddo-Lodge (read now)
Touted as a "wake-up call to a nation in denial," this book is a great read for people of color who can relate to Lodge's sentiments as well as white people who feel triggered by the title. Although Lodge writes from a British perspective, her ideas are relevant to those in the US as well.

Why Are All the Black Kids Sitting Together in the Cafeteria?: And Other Conversations About Race by Dr. Beverly Daniel Tatum (read now)
The classic, New York Times-bestselling book on the psychology of racism that shows us how to talk about race in America.

Gender & Sexuality

Bad Feminist by Roxane Gay (read now)
A collection of essays spanning politics, criticism, and feminism from one of the most-watched cultural observers of her generation

Beyond the Gender Binary By Alok Vaid-Menon (read now)
This short book reveals that gender is not black and white, and it pushes readers to see gender in full color.

Delusions of Gender: How Our Minds, Society, and Neurosexism Create Difference by Cordelia Fine (read now)
Fine debunks the myths that arise from biological sex differences and proves that gendered assumptions are cultural and ever-changing.

Gender: A Graphic Guide by Meg-John Barker (read now)
An engaging read that explores the past and the future while asking how we can approach gender differently, in more socially constructive, caring ways.

The Gender Creative Child: Pathways for Nurturing and Supporting Children Who Live Outside Gender Boxes (read now)
This book is ideal for parents, teachers, guardians, and caregivers of children. It guides readers through the rapidly changing cultural, medical, and legal landscape of gender and identity.

Gender Euphoria: Stories of Joy from Trans, Non-Binary, and Intersex Writers by Laura Kate Dale (read now)
This groundbreaking anthology highlights nineteen trans, non-binary, agender, gender-fluid, and intersex writers as they share their experiences of gender euphoria, joy, pride, and freedom.

Gender Outlaws: The Next Generation by Kate Bornstein (read now)
This collection of essays, commentary, comic art, and conversations from a diverse group of radical trans, nonbinary, and genderqueer creators was first published over 10 years ago. It showcases how queer individuals experience gender uniquely through their different journeys.

Gender Queer; A Memoir by Maia Kobabe (read now)
This book began as a way for Kobabe to explain to eir family what it means to be nonbinary and asexual. It is a useful and touching guide on gender identity for advocates, friends, and humans everywhere.

I'm Afraid of Men by Vivek Shraya (read now)
Shraya explores how masculinity was imposed on her as a boy and continues to haunt her as a girl--and how we might reimagine gender for the 21st century.

Life Isn't Binary: On Being Both, Beyond, and In-Between by Meg-John Barker and Alex Iantaffi (read now)
Although this book centers on gender and sexuality to start the conversation, Iantaffi and Barker share valuable insight on how resisting binary thinking can expand our worldview in all aspects of life.

My Body Keeps Your Secrets by Lucia Osborne-Crowley (read now)
From puberty to menstruation to sexual pleasure; to pregnancy or its absence; and to darker secrets of abuse, invasion, or violation, Osborne-Crowley showcases the voices of women around the world to discuss the reclamation of young women's power over their own bodies.

Transgender History: The Roots of Today's Revolution by Susan Stryker (read now)
This chronological account of transgender history explores the major movements, writings, and events that US history often leaves out.

The Will to Change: Men, Masculinity, and Love by bell hooks (read now)
A must-read for all men that explores how defying the patriarchy through rejecting toxic masculinity is beneficial to their well-being, too.

Systems Change

Addressing the Impact of Non-Recent Child Sexual Abuse on the Mental Health of Adults by the Royal College of Psychiatrists (read now)

This position statement examines how mental-health systems can better support adults who experienced childhood sexual abuse. It acknowledges past failures, including an excessive focus on treating symptoms without fully understanding the effects of abuse, and calls for more compassionate, coordinated, trauma-informed, and survivor-centered care.

Content note: This resource discusses childhood sexual abuse, failures of care, and the lasting mental-health effects of trauma**.**

Broken by Jessica Pryce (read now)
In "Broken," Dr. Jessica Pryce offers a critical, insider's perspective on the systemic racism embedded in the child welfare system. Drawing from her professional journey and the experiences of caseworkers and Black women affected by the system, she reveals how well-intentioned practices can sometimes cause harm. Through personal reflection and vivid narratives, Pryce calls for a transformative shift in child protective services, challenging the workforce to address biases and improve how families are supported.

Building Resilient Organizations: Toward Joy and Durable Power in a Time of Crisis by Maurice Mitchell
In this online article (and the accompanying audio), Maurice Mitchell discusses the complex problems that systems change advocates face. Understanding the challenges he explores is critical to building trauma-informed organizations.

Community-Focused Professional Development for Early Learning by New America (read now)
Drawing on ten years of work in three California communities, this article examines what helps professional development lead to meaningful change in early-learning systems. Its lessons include involving educators in decisions, building on local expertise, embedding learning into the workday, pairing workshops with coaching, supporting staff wellbeing, using data collaboratively, and bringing people across roles together to develop shared understanding and practices.

Creating Safer, More Inclusive Services: Towards Trauma-Informed Practice (read now)

This case study describes how the South East Essex Trauma Alliance supports trauma-informed change across health care, social care, local government, emergency services, and community organizations. It offers useful lessons about cross-system collaboration,

organizational assessment, staff secondary trauma, reflective practice, compassionate leadership, and sustaining culture change.

Holding Change: The Way of Emergent Strategy Facilitation and Mediation (Emergent Strategy Series, 4) by Adrienne Maree Brown (read now)
Holding Change is about attending to coordination, to conflict, to being humans in right relationship with each other, not as a constant ongoing state, but rather as a magnificent, mysterious, ever-evolving dynamic in which we must involve ourselves, shape ourselves and each other.

The Kaiser-CDC ACEs Study (read now)

Language Bias in Child Welfare (read now)
Approaches to Identifying and Studying Biased Language to Advance Equitable Child Welfare Practice.

Missouri Model for Trauma-Informed Schools (read now)

A practical framework for helping schools move from awareness to sustained trauma-informed implementation. The model addresses leadership, staff wellbeing, policies and practices, human resources, measurement, and continuous improvement. It also includes indicators schools and organizations can use to assess their progress.

Pivot: The Priorities, Practices, and Powers That Can Transform Your Church into a Tov Culture by Scot McKnight, Laura Barringer, John Rosensteel (read now)
In Pivot, Scot and Laura help churches to implement practices, establish priorities, and cultivate the Kingdom Gospel-centered qualities that form goodness cultures. Readers will find answers to the four most common questions people have about culture transformation.

Systems Thinking for Social Change by David Peter Stroh (read now)
This book provides powerful insight to help us create effective, lasting change in the systems around us.

Switch: How to Change Things When Change Is Hard by Chip Heath, and Dan Heath (read now)
In a compelling, story-driven narrative, the Heaths bring together decades of counterintuitive research in psychology, sociology, and other fields to shed new light on how we can effect transformative change.

Disrupting Harm in North Macedonia: Key Findings, UNICEF (read now)

This report examines technology-facilitated child sexual exploitation and abuse and the barriers children encounter when reporting harm or seeking help. Drawing on nationally representative evidence and the experiences of children and professionals across child protection, education, law enforcement, and justice, it calls for stronger prevention, coordinated protection systems, institutional accountability, and trauma-informed, child-centered, and gender-responsive services.

Content note: This report discusses child sexual exploitation and abuse.

The Association of State and Territorial Health Officials (ASTHO) HERO project (Health, Equity, Resilience, Opportunity)

Other

Be the Change: A Story of Transformation by SaulPaul (read now)
SaulPaul shares his story of transformation and overcoming insurmountable odds. He walks us through the trials of losing loved ones at an early age while learning to be a leader. His story will inspire you to want more, do more and be more!

Bullshit Jobs: A Theory by David Graeber (read now)
Graeber explores one of society's most vexing and deeply felt concerns, indicting among other villains a particular strain of finance capitalism that betrays ideals shared by thinkers ranging from Keynes to Lincoln. Bullshit Jobs gives individuals, corporations, and societies permission to undergo a shift in values, placing creative and caring work at the center of our culture. This book is for everyone who wants to turn their vocation back into an avocation.

Burnout: The Secret to Unlocking the Stress Cycle by Amelia and Emily Nagoski (read now)
In this book, Emily and Amelia provide transformative insights through science, practical advice, and engaging exercises, guiding women to recognize their inherent worth and achieve true wellness without pursuing unrealistic ideals.

Confessions of a Radical Industrialist: Profits, People, Purpose--Doing Business by Respecting the Earth by Ray Anderson, Robin White (read now)
Thoughtful and winning, Confessions of a Radical Industrialist shows how Anderson revolutionized his company--improving quality, bringing costs down, and driving up profits--making it one of Fortune's 100 Best Companies to Work For. He challenges all industries to share his ambitious goal: to take nothing from the earth that can't be replaced by the earth.

Delivering Happiness by Tony Hsieh (read now)
In Delivering Happiness, Zappos CEO Tony Hsieh shares the different lessons he has learned in business and life, from starting a worm farm to running a pizza business, through LinkExchange, Zappos, and more. Fast-paced and down-to-earth, Delivering Happiness shows how a very different kind of corporate culture is a powerful model for achieving success-and how by concentrating on the happiness of those around you, you can dramatically increase your own.

Everybody Matters: The Extraordinary Power of Caring for Your People Like Family by Bob Chapman, Raj Sisodia (read now)
Everybody Matters, a Wall Street Journal bestseller, chronicles Chapman's journey to find his true calling, going behind the scenes as his team tackles real-world challenges with care, empathy, and inspiration. It also provides clear steps to transform your own workplace, whether you lead two people or two hundred thousand.

Evicted: Poverty and Profit in an American City by Matthew Desmond (read now)

Hailed as “wrenching and revelatory” (The Nation), “vivid and unsettling” (New York Review of Books), Evicted transforms our understanding of poverty and economic exploitation while providing fresh ideas for solving one of twenty-first-century America's most devastating problems.

Happy Hour Is 9 To 5: How to Love your Job, Love your Life, and Kick Butt at Work by Alexander Kjerulf (read now)
Happiness at work may sound a pipe dream but achieving it is actually quite possible. First, we need to understand what it's not. It's not about high-fiveing and cheerleading (although it could be for some people). It's not about eliminating all the bad stuff from our job – it's about being happy at work even though some of those bad things are present. Research across 50 countries shows that happiness at work rests on results and relationships. Happy Hour is 9 to 5 gives detailed, practical advice on building the skills and energy to improve both.

How to Hide an Empire by Daniel Immerwahr (read now)
Daniel Immerwahr explores the often-overlooked territories governed by the United States beyond its mainland. Through engaging and vivid storytelling, Immerwahr uncovers forgotten chapters of American history, from the Guano Islands' exploitation to the Philippines' impact on U.S. history, and the controversial medical experiments in Puerto Rico. He highlights how, post-World War II, the U.S. shifted from traditional colonialism to new forms of global influence, leveraging technological and cultural innovations. This compelling book redefines our understanding of empire and globalization with surprising historical insights.

Humble Inquiry, Second Edition The Gentle Art of Asking Instead of Telling by Edgar H. Schein and Peter A. Schein (read now)
Humble Inquiry by Edgar and Peter Schein presents a powerful approach to fostering open and trusting relationships essential for addressing complex global challenges and driving innovation. In a culture where we often prioritize telling over asking, the Scheins advocate for "Humble Inquiry"—a method of asking questions with genuine curiosity and interest in the other person's perspective. This edition expands on the concept with new examples, exercises, and insights into how this approach improves communication and relationships. It emphasizes the importance of listening, responding, and self-revelation in creating effective and adaptive organizations.

Leading With Happiness: How the Best Leaders Put Happiness First to Create Phenomenal Business Results and a Better World by Alexander Kjerulf (read now)
This book presents a simple but radical idea: The fundamental goal of any leader should be to increase happiness in the world. Leaders who don't do that are doing it wrong. Drawing on fascinating lessons from psychology, neurology and philosophy, this book demonstrates why leaders should put happiness first - for themselves, their employees, their customers, and the wider world - and why happy leaders are more successful.

Let My People Go Surfing: The Education of a Reluctant Businessman by Yvon Chouinard (read now)
In this 10th anniversary edition, Yvon Chouinard—legendary climber, businessman, environmentalist, and founder of Patagonia, Inc.—shares the persistence and courage that have

gone into being head of one of the most respected and environmentally responsible companies on earth.

Love in a F*cked-Up World: How to Build Relationships, Hook Up, and Raise Hell Together by Dean Spade (read now)
Lifelong activist and educator Dean Spade dares us to decide that our interpersonal actions are not separate from our politics of liberation and resistance. Many activist projects and resistance groups fall apart because people treat each other poorly, trying desperately to live out the cultural myths about dating and relationships that we are fed from an early age.

Nuerowaves: Brain, Time & Consciousness by Georg Northoff (read now)
Georg Northoff's Neurowaves tackles the mystery of the brain-mind connection by proposing a new perspective on the mind-body problem, influenced by physics. He argues that time structures all events, with "neurowaves" shaping mental experiences. Northoff calls for a revolution in understanding this relationship, likening it to the transformative ideas of Copernicus and Darwin. The book offers engaging insights into the dynamic connection between brain and mind through vivid examples.

Poverty by America by Matthew Desmond (read now)
In this landmark book, acclaimed sociologist Matthew Desmond draws on history, research, and original reporting to show how affluent Americans knowingly and unknowingly keep poor people poor.

Political Determinants of Health by Daniel E. Dawes (read now)
In this book, Daniel E. Dawes argues that political determinants of health create the social drivers—including poor environmental conditions, inadequate transportation, unsafe neighborhoods, and lack of healthy food options—that affect all other dynamics of health.

Rest: Why You Get More Done When You Work Less by Alex Soojung-Kim Pang (read now)
In this book, Alex Soojung-Kim Pang debunks the myth that harder work yields better results, using scientific research and examples from figures like Darwin and Stephen King to argue that "deliberate rest" is essential for true productivity, energy, and creativity.

Shorter: Work Better, Smarter, and Less—Here's How by Alex Soojung-Kim Pang (read now)
In Shorter, Alex Pang showcases how global entrepreneurs and leaders have successfully implemented 4-day workweeks without reducing salaries or productivity. He provides a step-by-step guide using design thinking to enhance focus, collaboration, and work-life balance, ultimately boosting recruitment, retention, and sustainability.

The Anatomy of Human Destructiveness by Erich Fromm (read now)
In this provocative book, the distinguished author writes to break the deadlock argued about the roots of human nature by exploring the struggle between the instinctivism of Konrad Lorenz and behavior psychologist B. F. Skinner: are people inherently antagonistic or do people learn hostility from their environment and the actions of those around them?

The Five Dysfunctions of a Team by Patrick Lencioni (read now)

The Five Dysfunctions of a Team outlines the root causes of politics and dysfunction on the teams where you work, and the keys to overcoming them. Counter to conventional wisdom, the causes of dysfunction are both identifiable and curable. However, they don't die easily. Making a team functional and cohesive requires levels of courage and discipline that many groups cannot seem to muster.

Thrive by Arianna Huffington (read now)
In this deeply personal book, Arianna candidly shares her struggles with balancing a career and raising two daughters, leading to a transformative "aha moment." By integrating the latest research in psychology, sports, sleep, and physiology, she reveals how meditation, mindfulness, unplugging, and giving can spark a cultural and personal revolution.

The Divide by Jason Hickel (read now)
Despite claims that global development is reducing poverty, the income gap between the North and South has actually widened since 1960. Today, 60% of the world lives on less than $5 a day, and wealth is increasingly concentrated among the richest few. Poverty persists due to an unequal global economic system, not natural causes. The Divide argues that addressing these issues requires political solutions and a radical shift in thinking.

Thinking, Fast and Slow by Daniel Kahneman (read now)
Thinking, Fast and Slow by Daniel Kahneman explores how our thinking is influenced by two systems: System 1, which is fast, intuitive, and emotional, and System 2, which is slower, more deliberate, and logical. Kahneman examines how these systems affect decision-making, from corporate strategies to personal happiness and stock market choices. He offers practical insights into when to trust our instincts and how to improve our decision-making by mitigating cognitive biases. The book, a bestseller for nearly a decade, provides essential knowledge for understanding and improving how we think.

Tyranny of Merit by Michael J Sandel (read now)
In The Tyranny of Merit, philosopher Michael J. Sandel examines the current threats to democracy driven by rising inequality and stalled social mobility. He critiques the meritocratic belief that success is solely the result of individual effort, highlighting how this mindset fosters arrogance among the successful and harsh judgment of the less fortunate. Sandel argues for a reevaluation of our attitudes towards success and failure, advocating for a more humble, solidarity-based approach that acknowledges the role of luck and affirms the dignity of work. His book offers a vision for a new politics centered on the common good.

Work Like a Boss: A Kick-in-the-Pants Guide to Finding (and Using) Your Power at Work by Nancy Lyons (read now)
Nancy Lyons shares insights from her 25 years of leadership experience, offering practical advice on cultivating better mindsets and communication habits. Lyons emphasizes that true power comes from personal ownership and the ability to foster an environment where everyone can thrive, no matter their role.

Watch

4 Habits of ALL Successful Relationships | Dr. Andrea & Jonathan Taylor-Cummings | TEDxSquareMile (watch now)

Arizona State University Mindfulness Series (watch now)

A Way Out (watch now)

This short documentary examines human trafficking in the United States and follows Safe House Project's work to help survivors reach safety and justice. Featuring survivors, advocates, law enforcement, and community partners, it illustrates how trafficking can remain hidden when people and systems do not recognize the signs or know how to respond. The film can also be used to support facilitated conversations in schools, workplaces, faith communities, and community-serving organizations.

Breathing Techniques to Reduce Stress and Anxiety | Dr. Andrew Huberman on the Physiological Sigh (watch now)

Bell hooks on interlocking systems of domination (watch now)

Chimamanda Ngozi Adichie: The danger of a single story | TED (watch now)

Confessions of a bad feminist | Roxane Gay (watch now)

Cracked Up: The Darryl Hammond Story (watch now)

Disarming a Robbery with a Glass of Wine (watch now)

Erasing Fears & Traumas Based on the Modern Neuroscience of Fear | Huberman Lab Podcast #49 (watch now)

Experiences Build Brain Architecture (watch now)

Hannah Drake: Formation (watch now)

HealthyGamerGG (watch now)

How we can make racism a solvable problem--and improve policing | Dr. Phillip Atiba Goff (watch now)

How childhood trauma affects health across a lifetime | Dr Nadine Burke Harris (watch now)

Jane Elliott: American Schools 'Indoctrinate' Students In Prejudice (watch now)

Our Maps Are Racist! (watch now)

Oprah Winfrey: Take Care of Yourself (watch now)

Paper Tigers (watch the trailer now) **Watch on Amazon Prime and Apple TV**

Revolutionizing Foster Care Through Storytelling & Social Ventures | Tige Charity | TEDxInglewood (watch now)

Still Face with Dads (watch now)

The Elephant, The Rider and the Path - A Tale of Behavior Change (watch now)

The Human Need for Belonging | Amelia Franck Meyer| TEDxMinneapolis (watch now)

The Florida Project (watch on Max, Hulu, YouTube Primetime, Amazon Prime, Apple TV, Google Play Movies)

The urgency of intersectionality | Kimberlé Crenshaw (watch now)

The path to ending systemic racism in the US | Dr. Phillip Atiba Goff, Rashad Robinson, Dr. Bernice King, Anthony D. Romero (watch now)

To transform child welfare, take race out of the equation, Jessica Pryce (watch now)

Trauma and the Brain | Media Co-Op (watch now)

Why gender equality is good for everyone — men included | Michael Kimmel (watch now)

What is Juneteenth, and why is it important? | Karlos Hill and Soraya Field Fiorio (watch now)

What is trauma? The author of "The Body Keeps the Score" explains | Bessel van der Kolk | Big Think (watch now)

What Can You Do to Get Through a Crap Week? (watch now)

The Wisdom of Trauma (watch now)

WYFFT: Would You Fall For That - Elevator (watch now)

Your Thoughts are Bubbles | Jon Kabat-Zinn (watch now)

Listen

Mindful Management: Creating a Trauma-Informed Work Environment (view the podcast page)
Mindful Management: Creating a Trauma-Informed Work Environment is Chefalo Consulting's podcast where we share skills, stories, and resources about organization wellness to help you foster a healthy and successful workplace culture. With your host Shenandoah Chefalo, we speak with thought leaders in the field about how they have made staff well-being a core component of their business strategies.

Being [at Work] (apple; spotify)
The way business gets done has changed, so how has human resources evolved? Being [at Work] offers a fresh perspective from industry leaders, HR experts, and owners on how businesses can find, keep and maximize their number one resource: employees.

Maintenance Phase (view the podcast page)
Maintenance Phase debunks "the junk science behind health fads, wellness scams and nonsensical nutrition advice." It's a must-listen for those invested in honest opinions and facts that support self-love, wellness, and health. If you've ever worried about your body image, you'll find powerful insight here.

Ten Percent Happier with Dan Harris (view the podcast page)
Dan Harris believes "happiness is a skill you can train," and this show explores how to achieve wellness through various perspectives.

- **Modern Life is Making You Sick, but It Doesn't Have To | Dr. Gabor Maté** (listen now)
  Trauma expert Dr. Gabor Mate dives deep into trauma science to help us recognize our traumatic experiences.

Unlocking Us with Brené Brown (view the podcast page)
Brown is an author and professor known for her work on shame, vulnerability, and leadership. On Unlocking Us, she has authentic and honest conversations about "the messiness of what it means to be human."

- **Brené with Oprah Winfrey and Dr. Bruce D. Perry on Trauma, Resilience, and Healing** (listen now)
  An eye-opening talk on the importance of connection for healing and resilience, as well as the prevalence and impact of trauma.

Weave & Cleave (view the podcast page)
Join Dr. Sanghoon Yoo, founder of The Faithful City and leader of the AZ Trauma-Informed Faith Coalition, and co-host Michelle Stiffler, writer and owner of Sincerity Method, as they discuss all things faith, science, and resilience.

More Chefalo Consulting Resources

Free Stuff

Chefalo Consulting's Complete Guide to Trauma-Informed Implementation
This 50+ page guide is an essential resource for all trauma-informed leaders. It teaches core topics on trauma-informed organizational change.

The Self-Care Planning Kit
The term "self-care" has become a buzzword that is disconnected from its true meaning. Self-care is not optional. It is not additional. It is not luxurious. It means taking care of our well-being. Self-care is survival. It is foundational. It is how we build the capacity to do this work. Our free self-care planning kit will teach you more and help you develop a custom self-care plan that works for you.

Safety Plan Template
Crises don't wait for us to be ready. A safety plan is an essential crisis care tool that everyone should have. If you're trauma-informed, you have a safety plan. Leaders, I'm talking to you, especially. If you want your team on board with this work, completing your own crisis plan is essential.

Mindful Mondays
Mindful Mondays are a community space that exists entirely for you. You are our community, and this is a place where we can connect, practice trauma-informed skills, and have meaningful conversations that inspire, educate, and transform.

Chefalo Consulting Blogs
We release blogs on trauma-informed topics weekly. Stay up to date by signing up for our newsletter.

Programs

The Trauma-Informed Masterclass
Our annual live online course provides 20 hours of content that explores personal and organizational trauma and systems change. Certificates and continuing education credits are available upon request.

Trauma-Informed Implementation
Our implementation services walk organizations through TIC training, framework building, and capacity building for long-term, sustainable change. Implementation packages typically last 2+ years.

The TIC Primer Course
Coming soon.

Empower: An Intentional Self-Exploration Journey

Coming soon.

Other Resources

Shen's Memoir, *Garbage Bag Suitcase*

Chefalo Consulting's own Shenandoah Chefalo explores life before, during, and after the foster care system. Trigger warning: This book contains descriptions of child abuse and neglect.

The Self-Care Menu

This self-care menu provides an easy alternative to your self-care and safety plans. While we still recommend you complete an individualized plan, this printable poster and desktop background is a great way to access coping skills.

TIC Posters and Merchandise

Coming soon.

Caring Conversations Cards by Island Health (access the cards)

These free conversation cards help people talk more openly about substance use, harm reduction, stigma, and community support. Originally developed for health care staff and later adapted with community partners and people with lived experience, the cards use accessible, trauma-informed, and culturally responsive language. They can be used in homes, workplaces, staff meetings, peer circles, and community settings.

Content note: This resource discusses substance use, overdose, grief, and the toxic-drug crisis.

Coloring Resilience: The Trauma-Informed Coloring Book for Adults

Dive into the therapeutic world of "Coloring Resilience: The Trauma Informed Coloring Book for Adults" by Chefalo Consulting. Immerse yourself in a transformative journey with intricately designed illustrations paired with powerful quotes and tailored for emotional well-being. Crafted with a trauma-informed approach, this adult coloring book offers a mindful and empowering experience.

Credit Builders Alliance

CBA is a national nonprofit network dedicated to building the capacity of a diverse and growing network of hundreds of nonprofits across the country. CBA was created by and for nonprofit members as a bridge to the modern credit reporting system to help millions of individuals with poor or no credit.

Virtual Calming Room

A comprehensive site with links to diverse resources, including live animal cameras, meditative games, videos,

Healing Centered Engagement Training

Healing Centered Engagement is an asset-based and culturally-rooted approach to healing and well-being for young people of color and their adult allies. This training is available online for more people to benefit from this impactful information.

True Colours Test

How We Feel app
How We Feel is a free journal for your wellbeing created by scientists, designers, engineers, and psychologists. Download the app on the App Store and Play Store!

Helping Survivors
Empowering survivors of sexual assault, abuse, and harassment to understand their rights and access the resources they need.

Uber & Lyft Sexual Assault Lawyer: Get Help Understand your legal rights and options to file a rideshare sexual assault lawsuit and how to hire the right Lyft or Uber sexual assault lawyer to help you seek justice and move forward.