

# PUTTING THE PIECES TOGETHER

*Teens, Trauma & Substance Use Disorders*  
Presented by David Flack, MA, LMHC, SUDP

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## RECOMMENDED READING

- **Beautiful Boy**, by David Sheff
- **The Boy Who Was Raised as a Dog**, by Bruce Perry and Maia Szalavitz
- **The Body Keeps Score**, by Bessel van der Kolk
- **Changing for Good**, by John Prochaska, James Norcross, and Carlo DiClemente
- **The Deepest Well**, by Nadine Burke Harris
- **Elusive Alliance**, edited by David Castro-Blanco and Marc Karver
- **Ghosts from the Nursery**, by Robin Karr-Morse and Meredith Wiley
- **In the Realm of Hungry Ghosts**, by Gabor Mate
- **Relationships in Counseling**, by Jeffrey Kottler and Richard Balkin
- **Trauma and Recovery**, by Judith Herman
- **Trauma and the Avoidant Client**, by Robert Muller
- **Treating Addiction**, by Alyssa Forcehimes, William Miller, and Allen Zweben
- **Treating Trauma in Adolescents**, by Martha Straus
- **Tweak**, by Nic Sheff

## ONLINE RESOURCES

- **National Child Traumatic Stress Network**, this non-profit collective is focused on addressing trauma in youth and has tons of free online resources ([www.nctsn.org](http://www.nctsn.org))
- **Trauma Research Foundation**, Bessel van der Kolk's training and research foundation ([www.traumaresearchfoundation.org](http://www.traumaresearchfoundation.org))
- **How Trauma Affects Health Across a Lifetime**, a TedTalk by Nadine Burke Harris ([https://www.ted.com/talks/nadine\\_burke\\_harris\\_how\\_childhood\\_trauma\\_affects\\_health\\_across\\_a\\_lifetime?language=en](https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime?language=en))

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