



Holistic Healing Services for Survivors

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Research Addendum

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This research addendum accompanies RSP's Holistic Healing Services for Survivors white paper. While not exhaustive, citations from a number of journal articles, books, and other research materials are provided here to support the effectiveness of holistic healing services for survivors and assist programs in developing proposals to fund these services. While a strong research base exists for the importance of responding to trauma with holistic approaches, some holistic modalities can seem "new" or "different" to those accustomed to more conventional core services. For this reason, supporting a proposal for holistic services with additional research sources could assist funders in approving requests to provide holistic healing services. Because research in the area of healing trauma is occurring rapidly and because it can become quickly out of date, RSP recommends continually checking for updated materials using resources such as those listed at the end of this addendum or seeking help at an academic library in your community.

General:

- Bryant-Davis, T. (2005). *Thriving in the Wake of Trauma: A Multicultural Guide*. CT: Praiger Publishers.
- D'Anniballe, J. (2011). *Understanding the Neurobiology of Trauma: Implications for Adults and Adolescents*. Presentation for the Resource Sharing Project's Sexual Assault Services Program National Forum.
- Elliott, D., Bjelajac, P., Fallot, R., Markoff, L., & Reed, B.G. (2005). Trauma-informed or trauma-denied: Principles and implementation of trauma-informed services for women. *Journal of Community Psychology* 33(4), pp. 461-477.
- Fallot, R., and Harris, M. (2009). *Creating cultures of trauma-informed care (CCTIC): A self-assessment and planning tool*. Retrieved October 21, 2010 from <http://www.medicine.uiowa.edu/icmh/TraumaInformedCare.htm>
- Levine, P.A. (1997). *Waking the Tiger: Healing Trauma*. Berkeley, CA: North Atlantic Books.
- Rebmann Condon, J. and Mathes Cane, P. (2011). *CAPACITAR: Healing Trauma, Empowering Wellness: A Multicultural Popular Education Approach to Transforming Trauma*. Capacitar International Inc., Santa, Cruz, CA. Retrieved from: <http://www.capacitar.org/CapacitarResearchFINAL.pdf>

Acupuncture:

- DeVincentis, L. & Feigenbaum, E. (2011). *Caring for Chronic Hurt: Child Abuse and Holistic Treatment Perspectives*. The Townsend Letter.
- National Institutes of Health National Center for Complementary and Alternative Medicine Backgrounder on Acupuncture: <http://www.nccam.nih.gov/health/acupuncture/introduction.htm>

Ancient Healing Arts:

- Johnston, S.L (2002). *Native American Traditional and Alternative Medicine*. The Annals of the American Academy of Political and Social Science.
- Rugge, T. (2003). *Cost-benefit analysis of a community healing process*. Public Safety Canada 8 (6).

Young, M. (2006). An examination of community based healing circles used to address child sexual assault within aboriginal communities in Canada. Report of the Winston Memorial Churchill Trust of Australia.

Art Therapy:

Backos, A. K., & Pagon, B. E. (1999). Finding a voice: Art therapy with female adolescent sexual abuse survivors. *Art Therapy: Journal of the American Art Therapy Association* 16, 126-132.

Hargrave-Nyakaza, K. (1994). An application of art therapy to the trauma of rape. *Art therapy: A Journal of the American Art Therapy Association* 11, 53-57.

Dance Therapy:

Mills, L.J and Daniluk, J.C. (2002). Her body speaks: The experience of dance therapy for women survivors of child sexual abuse. *Journal of Counseling and Development* 80 (1).

Eye Movement Desensitization and Reprocessing (EMDR):

Chivers-Wilson, K.A. (2006). Sexual assault and posttraumatic stress disorder: A review of the biological, psychological, and sociological factors and treatment. *McGill Journal of Medicine* 9 (2) pp. 111-118.

Perkins, B.R., & Rouanzoin, C.C. (2002). A critical examination of current views regarding eye movement desensitization and reprocessing (EMDR): Clarifying points of confusion. *Journal of Clinical Psychology* 58, 77-97.

Music Therapy:

Burns, J. L., Labbé, E. Arke, B., Capeless, K., Cooksey, B., Steadman, A., & Gonzales, C. (2002). The effects of different types of music on perceived and physiological measures of stress. *Journal of Music Therapy* 39(2), 101-116.

Cevasco, A. M., Kennedy, R., & Generally, N. R. (2005). Comparison of movement-to-music, rhythm activities, and competitive games on depression, stress, anxiety, and anger of females in substance abuse rehabilitation. *Journal of Music Therapy*, 42(1), 64-80.

Hernández-Ruiz, E. (2005). Effect of music therapy on the anxiety levels and sleep patterns of abused women in shelters. *Journal of Music Therapy* 42(2), 140-158.

Mayers, K. S. (1995). Songwriting as a way to decrease anxiety and distress in traumatized children. *Arts in Psychotherapy* 22(5), 495-498.

Massage therapy:

Ruben, M and Kuester, K. (2009). Trauma awareness for massage therapists. *Massage Magazine*. Retrieved from: <http://www.traumahealing.com/somatic-experiencing/SafeHaven.pdf>

Mindfulness Practices/Meditation:

Wilson, D.R. (2010). Stress management for adult survivors of childhood sexual abuse: A holistic inquiry. *Western Journal of Nursing Research* 32 (1) 103.

Tai Chi:

Sandlund, E.S. & Torsten, N. (2000). The effects of Tai Chi Chuan Relaxation and exercise on stress responses and well-being: An overview of research. *International Journal of Stress Management*, 7(2).

Grodin, M.A., Piwowarcczyk, L, Fulker, D.,Bazazi, A.R. & Saper, R.B. (2012). Treating survivors of torture and refugee trauma: A preliminary case series using Qigong and T'ai Chi. *Depression Research and Treatment*, 2012.

Tension and Trauma Releasing Exercises (TRE):

Berceli, D. & Napoli, M (2007). A proposal for a mindfulness-based trauma-prevention program for social work professionals. *Complementary Health Practice Review* 11(3), 1-13.

Yoga:

Emerson, D. and Hopper, E. (2011). *Overcoming Trauma through Yoga: Reclaiming your Body*. Berkeley, CA: North Atlantic Books.

Emerson, D., Sharma, R., & Chaudhry S., Turner, J. (2009). Yoga therapy in practice: Trauma-sensitive yoga: principles, practice, and research. *International Journal of Yoga Therapy* 19.

Lilly, M. & Hedlund, J. (2010). Healing childhood sexual abuse with yoga. *International Journal of Yoga Therapy* 20.

Telles, S., Singh N., & Balkrishna, A. (2012). Managing mental health disorders resulting from trauma through yoga: A review. *Depression Research and Treatment*, 2012.

Sources for more information:

National Center for Complementary and Alternative Medicine (NCCAM)

National Center for Trauma-Informed Care

National Sexual Violence Resource Center Library

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