

## **PURA Conference June 2021**

### ***When the Stress of the NICU/PICU Goes Away, Trauma May Last***

#### **RESOURCE LIST**

#### **Some websites with support for NICU experiences:**

<https://www.marchofdimes.org/index.aspx>

[shareyourstory.org](http://shareyourstory.org) (to read other NICU stories)

[postpartum.net](http://postpartum.net) (support groups for NICU and Perinatal Mood and Anxiety Disorders)

#### **Books about Trauma in general:**

1. The Body Keeps the Score: [https://www.amazon.com/Body-Keeps-Score-Healing-Trauma/dp/0143127748/ref=tmm\\_pap\\_swatch\\_0?\\_encoding=UTF8&qid=1623162925&sr=8-1](https://www.amazon.com/Body-Keeps-Score-Healing-Trauma/dp/0143127748/ref=tmm_pap_swatch_0?_encoding=UTF8&qid=1623162925&sr=8-1)
2. What Happened to You (if you've experienced childhood trauma): [https://www.amazon.com/What-Happened-You-Understanding-Resilience/dp/1250223180/ref=asc\\_df\\_1250223180/?tag=hyprod-20&linkCode=df0&hvadid=509494905560&hvpos=&hvnetw=g&hvrand=18247893150545644916&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmid=&hvlocint=&hvlocphy=9009993&hvtargid=pla-1069292739316&psc=1](https://www.amazon.com/What-Happened-You-Understanding-Resilience/dp/1250223180/ref=asc_df_1250223180/?tag=hyprod-20&linkCode=df0&hvadid=509494905560&hvpos=&hvnetw=g&hvrand=18247893150545644916&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmid=&hvlocint=&hvlocphy=9009993&hvtargid=pla-1069292739316&psc=1)

#### **Books about the NICU Experience:**

1. Intensive Parenting: Surviving the Emotional Journey through the NICU: [https://www.amazon.com/Intensive-Parenting-Surviving-Emotional-Journey/dp/1555917445/ref=pd\\_lpo\\_14\\_t\\_2/144-4230631-0893808?\\_encoding=UTF8&pd\\_rd\\_i=1555917445&pd\\_rd\\_r=bee9e930-e5c2-43e0-87fb-83b6c4052433&pd\\_rd\\_w=s6lik&pd\\_rd\\_wg=1uWcl&pf\\_rd\\_p=3b5203d9-bdd0-47f6-97e5-387010fc3251&pf\\_rd\\_r=RV4WK9Q2X7RDZX2ZGWY0&psc=1&refRID=RV4WK9Q2X7RDZX2ZGWY0](https://www.amazon.com/Intensive-Parenting-Surviving-Emotional-Journey/dp/1555917445/ref=pd_lpo_14_t_2/144-4230631-0893808?_encoding=UTF8&pd_rd_i=1555917445&pd_rd_r=bee9e930-e5c2-43e0-87fb-83b6c4052433&pd_rd_w=s6lik&pd_rd_wg=1uWcl&pf_rd_p=3b5203d9-bdd0-47f6-97e5-387010fc3251&pf_rd_r=RV4WK9Q2X7RDZX2ZGWY0&psc=1&refRID=RV4WK9Q2X7RDZX2ZGWY0)
2. Loving Myself Again: [https://www.amazon.com/Loving-Myself-Again-Self-care-Z/dp/1777208807/ref=sr\\_1\\_1?dchild=1&keywords=after+the+NICU&qid=1623163080&s=books&sr=1-1](https://www.amazon.com/Loving-Myself-Again-Self-care-Z/dp/1777208807/ref=sr_1_1?dchild=1&keywords=after+the+NICU&qid=1623163080&s=books&sr=1-1)

#### **Potentially helpful workbooks/strategy kits to support mental health:**

1. Learning to Thrive: An Acceptance and Commitment Therapy Workbook [https://www.amazon.com/Learning-Thrive-Acceptance-Commitment-Workbook/dp/1641525630/ref=cm\\_cr\\_arp\\_d\\_product\\_top?ie=UTF8](https://www.amazon.com/Learning-Thrive-Acceptance-Commitment-Workbook/dp/1641525630/ref=cm_cr_arp_d_product_top?ie=UTF8)
2. If there are any concerns for perinatal mood/anxiety disorders postpartum (higher likelihood with a child in the NICU), this book may be good Cognitive Behavioral Therapy for Perinatal Distress: [https://www.amazon.com/Cognitive-Behavioral-Therapy-Perinatal-Distress/dp/0415508053/ref=pd\\_rhf\\_cr\\_s\\_pd\\_crcd\\_2/144-4230631-0893808?pd\\_rd\\_w=Dm6vs&pf\\_rd\\_p=ecb2692f-0365-4eca-a102-](https://www.amazon.com/Cognitive-Behavioral-Therapy-Perinatal-Distress/dp/0415508053/ref=pd_rhf_cr_s_pd_crcd_2/144-4230631-0893808?pd_rd_w=Dm6vs&pf_rd_p=ecb2692f-0365-4eca-a102-)

- [58ef51a608ce&pf\\_rd\\_r=N2BS11A4BRSQ528TJMBD&pd\\_rd\\_r=b44fb6dc-c5c4-496a-ac53-fb41ca4fb602&pd\\_rd\\_wg=7Sajt&pd\\_rd\\_i=0415508053&psc=1](https://www.amazon.com/dp/B091F3LJY9/ref=sr_1_18?dchild=1&keywords=self-help+for+NICU+parents&qid=1623071489&sr=8-18)
3. Somatic Psychotherapy Toolbox: 125 Worksheets and Exercises to Treat Trauma & Stress: [https://www.amazon.com/Somatic-Psychotherapy-Toolbox-Worksheets-Exercises/dp/1683731352/ref=tmm\\_pap\\_swatch\\_0?encoding=UTF8&qid=1623071235&sr=1-1-spons](https://www.amazon.com/Somatic-Psychotherapy-Toolbox-Worksheets-Exercises/dp/1683731352/ref=tmm_pap_swatch_0?encoding=UTF8&qid=1623071235&sr=1-1-spons)
  4. Coping Skills for Trauma Deck: [https://www.amazon.com/dp/1683732049?psc=1&pf\\_rd\\_p=99c1d048-3dba-400a-8e57-7c64c1bf61d4&pf\\_rd\\_r=0BNSSTEF9MF2DDZ0ZSD&pd\\_rd\\_wg=Ngs0L&pd\\_rd\\_i=1683732049&pd\\_rd\\_w=iQjzA&pd\\_rd\\_r=feff5897-0180-4bef-bf72-6c0add1d0ce9&ref=pd\\_luc\\_rh\\_di\\_ci\\_all\\_prf\\_huc\\_d\\_01\\_03\\_t\\_ttl\\_lh](https://www.amazon.com/dp/1683732049?psc=1&pf_rd_p=99c1d048-3dba-400a-8e57-7c64c1bf61d4&pf_rd_r=0BNSSTEF9MF2DDZ0ZSD&pd_rd_wg=Ngs0L&pd_rd_i=1683732049&pd_rd_w=iQjzA&pd_rd_r=feff5897-0180-4bef-bf72-6c0add1d0ce9&ref=pd_luc_rh_di_ci_all_prf_huc_d_01_03_t_ttl_lh)
  5. 52 Self-Care Tips for NICU Moms: A Year of Self-Care Tips for NICU Moms from A NICU Mom: [https://www.amazon.com/52-Self-Care-Tips-NICU-Moms/dp/B091F3LJY9/ref=sr\\_1\\_18?dchild=1&keywords=self-help+for+NICU+parents&qid=1623071489&sr=8-18](https://www.amazon.com/52-Self-Care-Tips-NICU-Moms/dp/B091F3LJY9/ref=sr_1_18?dchild=1&keywords=self-help+for+NICU+parents&qid=1623071489&sr=8-18)
  6. Maybe not directly applicable, but likely transferable skills and overlap, When Your Child Has a Chronic Medical Illness: A Guide for the Parenting Journey First Edition: [https://www.amazon.com/When-Child-Chronic-Medical-Illness/dp/1433833816/ref=sr\\_1\\_1\\_sspa?crd=1X3KS3AMZVO6P&dchild=1&keywords=when+your+child+has+a+chronic+medical+illness&qid=1623071886&srefix=chronic+medical+%2Caps%2C178&sr=8-1-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEyWFJWJTUxVSIY5T1A4JmVuY3J5cHRZEikPUEwOTc2OTg4MzRMWtc4QUU0TjJFTyZlbnNyeXB0ZWRBZEikPUEwOTEwNTIOWEFWRlJTMtDIVUtZJndpZGldE5hbWU9c3BfYXRmJmFjdGlvbj1jbGlja1JIZGlyZWNOJmRvTm90TG9nQ2xpY2s9dHJ1ZQ==](https://www.amazon.com/When-Child-Chronic-Medical-Illness/dp/1433833816/ref=sr_1_1_sspa?crd=1X3KS3AMZVO6P&dchild=1&keywords=when+your+child+has+a+chronic+medical+illness&qid=1623071886&srefix=chronic+medical+%2Caps%2C178&sr=8-1-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEyWFJWJTUxVSIY5T1A4JmVuY3J5cHRZEikPUEwOTc2OTg4MzRMWtc4QUU0TjJFTyZlbnNyeXB0ZWRBZEikPUEwOTEwNTIOWEFWRlJTMtDIVUtZJndpZGldE5hbWU9c3BfYXRmJmFjdGlvbj1jbGlja1JIZGlyZWNOJmRvTm90TG9nQ2xpY2s9dHJ1ZQ==)
  7. The Cognitive Behavioral Coping Skills Workbook for PTSD: Overcome Fear and Anxiety and Reclaim Your Life (A New Harbinger Self-Help Workbook): [https://www.amazon.com/Cognitive-Behavioral-Coping-Skills-Workbook/dp/1626252246/ref=sr\\_1\\_13?dchild=1&keywords=cbt+for+trauma&qid=1623072513&s=books&sr=1-13](https://www.amazon.com/Cognitive-Behavioral-Coping-Skills-Workbook/dp/1626252246/ref=sr_1_13?dchild=1&keywords=cbt+for+trauma&qid=1623072513&s=books&sr=1-13)
  8. The CBT Couples Toolbox: Over 45 Exercises to Improve Communication, Navigate Problems and Build Strong Relationships: [https://www.amazon.com/GBT-Couples-Toolbox-Communication-Relationships/dp/1683731026/ref=sr\\_1\\_12\\_sspa?dchild=1&keywords=cbt+for+trauma&qid=1623072513&s=books&sr=1-12-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEzRUM0RFdLUkU3Wk8zJmVuY3J5cHRZEikPUEwNDU1NjMzMUY2WlVJSjJlQzJEVSZlbnNyeXB0ZWRBZEikPUEwMDI4ODU5MlFJZVZVMzZSWlBKTzZ3aWRnZXROYW1lPXNwX210ZiZhY3Rpb249Y2xpY2tZWVpZCZkb05vdExvZ0NsaWNrPXRydWU=](https://www.amazon.com/GBT-Couples-Toolbox-Communication-Relationships/dp/1683731026/ref=sr_1_12_sspa?dchild=1&keywords=cbt+for+trauma&qid=1623072513&s=books&sr=1-12-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEzRUM0RFdLUkU3Wk8zJmVuY3J5cHRZEikPUEwNDU1NjMzMUY2WlVJSjJlQzJEVSZlbnNyeXB0ZWRBZEikPUEwMDI4ODU5MlFJZVZVMzZSWlBKTzZ3aWRnZXROYW1lPXNwX210ZiZhY3Rpb249Y2xpY2tZWVpZCZkb05vdExvZ0NsaWNrPXRydWU=)

If I can be of any help linking to other resources, including therapists or support groups in your area, please feel free to reach out to me at [casey@carolinafamilyandmaternalcounseling.com](mailto:casey@carolinafamilyandmaternalcounseling.com).