

RESOURCES

— Recommended Reading —

Parenting

- Parenting From the Inside Out, Daniel Siegel
- The Journey of The Heroic Parent, Brad Reedy
- The Parallel Process: Growing Alongside Your Adolescent or Young Adult Child in Treatment, Krissy Pozatek
- The Anatomy of Peace: Resolving the Heart of Conflict The Arbinger Institute
- Leadership and Self-Deception: Getting Out of the Box The Arbinger Institute
- Drama of The Gifted Child, Alice Miller

Wilderness Therapy

- The Journey of The Heroic Parent, Brad Reedy
- Shouting At The Sky
- The Parallel Process: Growing Alongside Your Adolescent or Young Adult Child in Treatment, Krissy Pozatek

Attachment/Trauma

- Drama of The Gifted Child, Alice Miller
- The Body Keeps The Score, Bessel Van der Kolk
- Trauma and Recovery: The Aftermath of Violence--from Domestic Abuse to Political Terror, Judith Herman

Addiction(s)

- Refuge Recovery, Noah Levine
- Trauma and Addiction, Tiam Dayton
- Emotional Sobriety, Tiam Dayton

General Personal Growth and Psychoeducation

- The Knight in Rusty Armor, Robert Fisher
- When the Past Is Present: Healing the Emotional Wounds, David Richo
- How To Be An Adult In Relationships, David Richo
- Daring To Trust, David Richo
- The Untethered Soul, Michael Singer
- Radical Acceptance, Tara Brach

— Recommended Community Groups —

AlAnon

- <https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/>

ACA (Adult Children of Alcoholics/Dysfunctional Families)

- <https://adultchildren.org/meeting-search/>

Refuge Recovery & Meditation

- <https://www.againstthestream.org/>
- <https://refugerecovery.org/about>