



Resource List

Opening the Door to Mental Health Symposium 2023

Breakout Panel A – Healing for Mental Health

Marilyn Hargreaves, Speaker

Working with Emotions

The Language of Emotions: What Your Feelings Are Trying to Tell You. (2010) by Karla McLaren.

Atlas of the Heart: Mapping Meaningful Connection and the Language of Human Experience (2021) by Brené Brown.

Podcast - Making Friends with Anxiety... and All of Your Emotions (June 23, 2020). Podcast from Sounds True: Insights at the Edge hosted by Tami Simon (1hr. 10 min).

<https://resources.soundstrue.com/podcast/karla-mclarenmaking-friends-with-anxiety-and-all-of-your-emotions/>

The Connection Between the Body, Mind and Emotions

The Body Keeps Score: Brain, Mind and the Body in the Healing of Trauma (2014) by Dr. Bessel van der Kolk.

When the Body Says No: The Hidden Cost of Stress. (2004) by Dr. Gabor Maté.

Waking the Tiger: Healing Trauma. (1997) Dr. Peter A. Levine Ph.D. and Ann Frederick (plus other works by this author).

How Behaviours and Beliefs Are Formed and How to Transform and Heal

Hypnoenergetics: The Four Dimensions: Blending Consciousness, Hypnotherapy and Energy in to a Life Changing Experience. (2001) by Peter Smith.

The Myth of Normal: Trauma, Illness and Healing in a Toxic Culture. (2022) by Gabor Maté M.D. and Daniel Maté

The Presence Process: A Healing Journey into Present Moment Awareness by Michael Brown.

Podcast - How Childhood Trauma Leads to Addiction. YouTube Video by After Skool, featuring Gabor Maté (9 min.) <https://www.youtube.com/watch?v=BVg2bfqblGI&t=5s>

A Spiritual Perspective – Making Meaning of Challenge

Wisdom of Souls: Case Studies of Life Between Lives from the Michael Newton Institute. (2019) by Ann J. Clark, Karen Joy, Joanne Selinske and Marilyn Hargreaves.

Journey of Souls Journey of Souls: Case Studies of Life Between Lives. (2002) by Dr. Michael Newton.