

# HEALING THROUGH EMPOWERMENT

## COMPASS TRAUMA TEAM READING GUIDE YOUNG ADULT & ADULTS



1. **The Body Keeps the Score** by Bessel van der Kolk
2. **What Happened to You?: Conversations on Trauma, Resilience, and Healing** by Bruce D. Perry and Oprah Winfrey
3. **The Lost Art of Listening** by Michael P. Nichols and Martha B. Straus
4. **Trauma and Memory: Brain and Body in A Search for the Living Past** by Peter Levine
5. **Waking the Tiger: Healing Trauma** by Peter Levine
6. **My Grandmother's Hands: Racialized Trauma and the Pathway to Mending our Hearts and Bodies** by Resmaa Menakem
7. **It Didn't Start With You** by Mark Wolynn

### CLINICIANS

1. **Trauma and Recovery** by Judith Herman
2. **Trauma-Sensitive Yoga in Therapy Bringing the Body into Treatment** by David Emerson



“ Compass’s approach to trauma is unique. Our integrative approach allows patients to build a robust toolset to discover what works best for them. Each patient has a multi-disciplinary team who work collaboratively, ensuring each situation is evaluated from multiple expert perspectives.

**Kaitlin Thompson LCSW, CADC**  
Director, Trauma Program - Chicago



## TRAUMA PHP/IOP PROGRAMS

AGES 18+

### PROGRAM OVERVIEW

Compass Health Center’s Trauma Partial Hospitalization (PHP) and Intensive Outpatient (IOP) Programs provide participants with the tools they need to recover and move forward in a direction that is aligned with their values and goals. Through the evidence-based therapy modalities, Dialectical Behavioral Therapy (DBT), Acceptance & Commitment Therapy (ACT), and Cognitive Processing Therapy (CPT), we create a safe holding environment so an individual can build insight, learn to cope in a sustainable way, and tap into their own strength and resilience. We believe in setting a solid foundation and ensuring individuals have the support they need for the long-term work that will continue beyond Compass Health Center.

Beyond these core offerings, patients also have the option to work with specialists and receive family therapy, substance use counseling, art therapy, trauma-informed yoga, 1:1 skills coaching, and panic management. We meet program participants where they are, individualize each person's treatment, and work collaboratively to empower their healing process.