

Resources	Cost (subject to change)	Delivery/Link
The Change Companies - Interactive Journals: <ul style="list-style-type: none"> • Trauma in Life - Women • Traumatic Stress and Resilience - Men 	\$4.25 per workbook	Workbook
Trauma Focused CBT	\$35.00	On-line course
Mindfulness-Oriented Interventions for Trauma: Integrating Contemplative Practices	\$22.26	Book
Skills for Psychological Recovery	Free	Manual
Skills Training in Affective and Interpersonal Regulation	Free	Online training