

# Trauma Summit Resources

## **Self-Help Books:**

- “The Body Keeps the Score” – Bessel van der Kolk
- “Triumph over Trauma” – Dr. Gregory Jantz
- “Daring Greatly” – Brene Brown
- “Co-dependent No More” – Melody Beattie
- “When the Body Says No” – Gabor Mate
- “The Myth of Normal” – Gabor Mate
- “Healing Trauma” – Peter Levine
- “The Wounded Heart” – Dan Allender

## **Groups:**

- Grief Share//Mondays 6:30 pm at Yakima Foursquare
- Divorce Care//Thursdays 6:00 pm at Yakima Foursquare
- Celebrate Recovery at Heights // Tuesdays 5:45 dinner and 6:30 pm session (101 Butterfield Rd Ste C, Yakima)
- Celebrate Recovery at Yakima Foursquare//Fridays 6:00 pm dinner and 6:30 pm session. (700 N 40th Ave, Yakima)
  
- Wellness House (wellness-house.org)
- The Compassionate Friends (compassionatefriends.org)
- Trauma Support Group // Tuesdays 6 pm dinner and 6:30 pm session
- 605 S 13th Ave, Yakima. Led by Jim Curtis

## **Local Counselors:**

- Center for Counseling & Psychotherapy (509-966-7246)
- Jaylene Stark (starkcounseling@gmail.com)
- Jennifer Sudbury (yakimawellness@gmail.com)
- Shaunna Harding (509-728-2455)
- Sarah Hull (509-208-5672)
- Sasha Baker (509-337-4645)
- Jonathan Douglas (425-448-4671)
- Mark Heeringa (509-424-5471)
- Jeremy Pietsch MA, LMHC, Licensed Mental Health Counselor  
509-388-1113 pietsch.jeremy@gmail.com
- Pia Hull, MS, LMHC, Cornerstone Counseling Center (509-452-5300)
- Lacey Shepherd, Central WA F.M. Central Washington Family Medicine  
Behavioral Health Consultant Phone 509-452-4520
- Jackie Cox, Director, MSW, LICSW. Yakima Valley Vet Center (509) 457-273
- The Center – A Place of Hope ([www.aplaceofhope.com](http://www.aplaceofhope.com)) (inpatient/outpatient clinic)

**Online Counseling:**

- BetterHelp.com
- Faithful Counseling (Section of BetterHelp)

**Pastoral Care:**

- Yakima Foursquare (509) 575-1490 email: [frontdesk@yakimafoursquare.org](mailto:frontdesk@yakimafoursquare.org)
- Heights Church (509) 895-7944 email: [office@heightschurch.us](mailto:office@heightschurch.us)