



Readings: Choose Two Books from those by Bessel van der Kolk, David Emerson, and Pat Ogden.

Your Name: \_\_\_\_\_

Book Title: \_\_\_\_\_ Author \_\_\_\_\_

I would suggest reading the questions before you read the book so that you can make notes as you read.

1. Have you read any other books by this author? \_\_\_\_ If so, what titles?
  
2. Is this a book you have wanted to read or is it a new title for you?
  
3. Please answer the following.
  - A. What two ideas discussed in the book support what you currently do in your practice?  
  
List page number (s).

B. List three new ideas this book introduced to you. List page number (s).

C. As you were reading, what are three ideas that resonated with you **and why**?

List page number (s).

D. What is one idea the author discussed that you do not agree with, **and why**? List

page number (s).

E. Please explain two reasons that you would, or would you not, recommend this book to a colleague.

F. Describe two ideas that you might want to incorporate into your practice. List page number (s).

G. Describe two ideas that you might want to incorporate into your interaction with friends/coworkers/family, outside of clinical practice or teaching, and why you think they might be helpful. List page number (s).

H. Why do you think I included this as a reading for this training?

I. Make up and answer a question relevant to the reading.

J. Would you include this book in future trainings? Why or why not?