

Discussion Questions

- 1.) What did you find meaningful about reading the book?
- 2.) What is the most important takeaway from the book?
- 3.) How does trauma impact people with regards to their health, mind, and reactions and responses to others?
- 4.) How has reading this book impacted the way you reflect on your judgements and biases of others?
- 5.) What change does our community need to address the impact of trauma?
- 6.) Who do you most want to read this book?

If interested in further discussion and reflection materials, we suggest these resources:

- PACE Discussion & Resource Guide (7 pages): This is a brief guide that was modeled after the Neurosequential Network's Books Study Guide with the approval of Dr. Bruce Perry.
https://www.pacesconnection.com/fileSendAction/fcType/5/fcOid/526845382355615124/fodoid/526845382355615120/What_Happened_To_You_Book_Discussion_Guide-National_version.docx.pdf
- Neurosequential Network Book Study Guide: (36 pages): This study guide was prepared for members of the Neurosequential Network to assist educators-including coaches to explore key concepts.
https://www.neurosequential.com/files/ugd/3edded_0e18b3d2e38d45e0a476173bc469a488.pdf
- Children's Trust Fund Alliance: Book Club Guide for Parents (74 pages): This guide is developed by Children's Trust Fund Alliance book club. It lets you explore how you feel and think about your own life experiences and daily experiences as a parent while reflecting on the book. It has an in depth reflections and activities.
<https://ctfalliance.org/partnering-with-parents/book-club/>

Additional Recommended Reading		
Title	Author	Audience
You Are Not Alone: The NAMI Guide to Navigating Mental Health—With Advice from Experts and Wisdom from Real People and Families	Ken Duckworth	Adult
The Deepest Well: Healing Long-Term Effects of Childhood Adversity	Nadine Burke Harris	Adult
A Terrible Thing Happened	Margaret M. Holmes	Youth
Healing: Our Path From Mental Illness To Mental Health	Thomas Insel	Adult
Under Pressure: The Science of Stress	Tanya Lloyd Kyi	Youth
Where to Start: A Survival Guide to Anxiety, Depression, and Other Mental Health Challenges	Mental Health America	Teen
The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma	Bessel A. Van der Kolk	Adult
It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle	Mark Wolynn	Adult