

Adena Bank Lees, LCSW, LISAC, BCETS, CP

<https://adenabanklees.com/>

<https://www.psychologytoday.com/us/blog/surviving-thriving>

Dan Mager, MSW

Some Assembly Required

Writings on mindfulness practice in recovery

<https://www.psychologytoday.com/us/experts/dan-mager-msw>

Therapeutic Spiral International

<https://therapeuticspiralmodel.com/>

Post Traumatic Growth Research Group

<https://ptgi.uncc.edu/ptg-research-group/>

More on Window of Tolerance and Integrated Somatic Modalities

<https://www.JaninaFisher.com>

ETTi ZoomRoom International

Didactic and Experiential Training Modules via Zoom Video Conferencing

<https://www.ettinstitute.com/etti-zoomroom-international.html>