This research addendum accompanies RSP’s Holistic Healing Services for Survivors white paper. While not exhaustive, citations from a number of journal articles, books, and other research materials are provided here to support the effectiveness of holistic healing services for survivors and assist programs in developing proposals to fund these services. While a strong research base exists for the importance of responding to trauma with holistic approaches, some holistic modalities can seem “new” or “different” to those accustomed to more conventional core services. For this reason, supporting a proposal for holistic services with additional research sources could assist funders in approving requests to provide holistic healing services. Because research in the area of healing trauma is occurring rapidly and because it can become quickly out of date, RSP recommends continually checking for updated materials using resources such as those listed at the end of this addendum or seeking help at an academic library in your community.

**General:**


**Acupuncture:**


[National Institutes of Health National Center for Complementary and Alternative Medicine Backgrounder on Acupuncture](http://www.nccam.nih.gov/health/acupuncture/introduction.htm)

**Ancient Healing Arts:**


**Art Therapy:**


**Dance Therapy:**


**Eye Movement Desensitization and Reprocessing (EMDR):**


**Music Therapy:**


**Massage therapy:**


**Mindfulness Practices/Meditation:**

**Tai Chi:**


**Tension and Trauma Releasing Exercises (TRE):**


**Yoga:**


**Sources for more information:**

National Center for Complementary and Alternative Medicine (NCCAM)

National Center for Trauma-Informed Care

National Sexual Violence Resource Center Library

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