**Credible Mental Health Sources for Agent Alignment (PubMed & PMC Open Access)**

This section includes peer-reviewed sources, organized by topic and agent relevance. These articles may be referenced by Anaya's agents to anchor emotional guidance in evidence-based insight.

### **TRAUMA-INFORMED CARE (TIC)**

**1.** [**Effectiveness of Trauma-Informed Care Implementation**](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10940237/)Summary: Reviews mechanisms and obstacles in real-world TIC adoption.  
**Use For**: Care Agent, Integration Agent, Policy Awareness

**2.** [**Trauma-Informed Care: Resisting Re-Traumatization**](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8689164/)Summary: Structural, systemic causes of re-traumatization.  
**Use For**: Boundaries & Structure Agent, Compassion Agent, Care Agent

**3.** [**TIC in Human Services**](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9687247/)Summary: Gaps in TIC application and cultural understanding.  
**Use For**: Care Agent, Integration Agent

**4.** [**TIC Training Evaluation**](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8784074/)Summary: Impact of short-term internal TIC education.  
**Use For**: Care Agent Training, Implementation Dialogues

**5.** [**Systematic Review of TIC Interventions**](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8219147/)Summary: Looks at outcomes from EMDR, CBT, etc. Shows limitations.  
**Use For**: Compassion Agent, Integration Agent

### **SHAME, COMPASSION & SELF-WORTH**

**6.** [**The Psychology of Shame: A Resilience Seminar**](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7780736/)Summary: Holding shame in groups, fostering resilience.  
**Use For**: Expression Agent, Compassion Agent, Shadow Agent

**7.** [**Addressing Shame Through Self-Compassion**](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC11556665/)Summary: Evidence that self-compassion reduces shame symptoms.  
**Use For**: Self-Compassion Agent, Integration Agent

**8.** [**Shame Withdraws, Guilt Corrects**](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC12189037/)Summary: Shame leads to self-rejection; guilt leads to correction.  
**Use For**: Boundaries Agent, Clarity Agent

**9.** [**Attachment, Shame & Trauma**](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC12025723/)Summary: Links trauma response with early attachment.  
**Use For**: Compassion Agent, Care Agent

**10.** [**Health-Related Shame**](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5739839/)Summary: Shame as an affective determinant of avoidance and poor health outcomes.  
**Use For**: Care Agent, Integration Agent

These sources are hosted on PubMed Central (PMC) and marked open access unless otherwise noted. Include as footnotes in system design or educational vaults as needed.