



If you are interested in expanding your knowledge and understanding of trauma, resilience, trauma-informed care and related concepts, in order to improve your own professional practice or to potentially become a trauma trainer, and don't know where to begin, here are some free resources.

BEST PRACTICES FOR POSITIONING, EXPLAINING & TEACHING ABOUT TRAUMA & CHILDHOOD ADVERSITY:

- 1) Comprehensive guidance from Frameworks Institute - essential reading for all trauma trainers:
<https://www.frameworksinstitute.org/publication/reframing-childhood-adversity-promoting-upstream-approaches/>
- 2) Asset Framing: Trabian Shorters (focused on how we describe/talk about people being served in a trauma informed way):
 - 1) Asset-framing defined in 60 seconds: (Trabian Shorters)
 - 2) <https://www.youtube.com/watch?v=O04CuqStRvM>
 - 3) Messaging & narratives about the people we serve
 - 4) <https://www.youtube.com/watch?v=Dpcr7LM1a7Y>
 - 5) A helpful PPT presentation on the basics of asset framing with some specific examples:
<https://www.chcf.org/wp-content/uploads/2021/04/UnderstandingAssetFramingGuidelinesAuthors.pdf>
- 3) Trauma Informed Meetings
 - 1) Dr. Karen Treisman, Trauma Informed Meetings, <http://www.safehandstinkingminds.co.uk/wp-content/uploads/2016/03/trauma-informed-meetings-Karen-Treisman.pdf>
- 4) Walking the Talk: Modeling trauma informed principles in the training environment:
 - 1) https://www.multiplyingconnections.org/sites/default/files/field_attachments/Walking%20the%20Walking%20PDF.pdf

TRAUMA/ACEs FOUNDATIONAL CONCEPTS:

- 1) Complete the free LGH/Penn Medicine 4 hour online self-paced Trauma 101 course (4 modules of 1 hour each with knowledge quizzes) - find complete info here:
<https://www.pacesconnection.com/g/lancaster-county-pa-aces-and-resilience-connection/blog/continuing-education-credits-for-new-penn-medicine-lgh-online-trauma-training>
- 2) Complete the free online trauma training modules offered by Trauma Informed Oregon at <https://traumainformedoregon.org/resources/training/tic-intro-training-modules/> (approx 1 hour, 15 min total for the 4 modules)
- 3) Watch Nadine Burke Harris' TED Talk (16 min): https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime#t-573266
- 4) Watch Dani Bostick's TED Talk Breaking the Silence about Childhood Trauma (13 min): https://www.youtube.com/watch?v=8NkZO3_h7vI
- 5) National Technical Assistance Center for Children's Mental Health/Georgetown University/JBS International: Trauma-Informed Care online course - free, self-paced - available at: <https://gucchdtacenter.georgetown.edu/TraumaInformedCare/>



- 6) Veto Violence online course - free, self-paced - available at <https://vetoviolence.cdc.gov/apps/aces-training/#/#top>
- 7) Watch Vicky Kelly's TED Talk: The Paradox of Trauma-Informed Care: <https://www.youtube.com/watch?v=jFdn9479U3s>

NEUROSCIENCE CONCEPTS RELATED TO TRAUMA & RESILIENCE:

- 8) Watch these videos that explore neuroscience concepts related to trauma and resilience:
 - 1) How Brains are Built (4 min): <https://www.albertafamilywellness.org/resources/video/how-brains-are-built-core-story-of-brain-development>
 - 2) The World's Messiest Desk: Dr Rebecca Campbell: <https://www.youtube.com/watch?v=vdX2E5wArt8>
 - 3) How Stress Affects Your Brain (5 min) - TED Talk by Madhumita Murgia: <https://www.youtube.com/watch?v=WuyPuH9ojCE>
 - 4) Brains Journey to Resilience (8 min): <https://www.albertafamilywellness.org/resources/video/brains-journey-to-resilience>
 - 5) The Resilience Scale (4 min): <https://www.albertafamilywellness.org/resources/video/metaphor-visualization-the-resilience-scale>
 - 6) For a REALLY deep dive, consider completing the intensive 30 hour Alberta Family Wellness Initiative: Brain Story Certification - online course, free, self-paced - available at: <https://www.albertafamilywellness.org/training>
 - 7) Harvard Center on the Developing Child - SCIENCE section, subheadings: KEY CONCEPTS and DEEP DIVES: <https://developingchild.harvard.edu/guide/a-guide-to-toxic-stress/>
 - 8) The Effects of Trauma on the Brain & How it Affects Behaviors (John Rigg): <https://www.youtube.com/watch?v=m9Pg4K1ZKws>
 - 9) When Time Doesn't Heal All Wounds (Dr Robert Ross): https://www.youtube.com/watch?v=dsCNuB_KBUw

RESILIENCE:

- 9) Watch Charles Hunt's TED Talk What Trauma Taught Me About Resilience (15 min): https://www.youtube.com/watch?v=3qELiw_1Ddg
- 10) Watch Karen Treisman's TED Talk: Good Relationships Are The Key To Healing Trauma (18 min): <https://www.youtube.com/watch?v=PTsPdMqVwBg>
- 11) Watch David Duncan's TED Talk: Helping Survivors of Trauma Overcome (15 min): https://www.ted.com/talks/david_duncan_helping_survivors_of_trauma_overcome
- 12) Complete the "Healthy Outcomes through Positive Experiences (HOPE)" online training course (approx 1.5 hours to complete) at <https://positiveexperience.org/training-workshops/spreading-hope-online-learning-course/>
- 13) Watch the full-length documentary: Healing Neen: <https://vimeo.com/15851924>



SELF-CARE / VICARIOUS TRAUMA / COMPASSION FATIGUE:

Drowning in Empathy: The Cost of Vicarious Trauma (Amy Cunningham): <https://www.youtube.com/watch?v=Zsaorjlo1Yc>

How to Manage Compassion Fatigue in Caregiving (Patricia Smith): <https://www.youtube.com/watch?v=7keppA8XRas>

RECOMMENDED BOOKS

Trauma and Recovery - Judith Herman

The Body Keeps The Score - Bessel van der Kolk

The Deepest Well - Nadine Burke Harris

What Happened To You? - Bruce Perry & Oprah Winfrey

In the Realm of Hungry Ghosts - Gabor Mate

The Complete Guide to Resilience - Glenn R. Schiraldi

My Grandmother's Hands: Racialized Trauma and the Pathway to Mending our Hearts and Bodies - Resmaa Menakem

ADVANCED TRAININGS

There are also college/university degree & certificate programs, as well as various general & sector/profession-specific certification programs from national organizations, including, but not limited to:

1. SAMHSA - Substance Abuse and Mental Health Services Administration (<https://www.samhsa.gov/gains-center/trauma-training-criminal-justice-professionals>)
2. Eastern Mennonite University (EMU) Strategies for Trauma Awareness & Resilience (STAR) (<https://emu.edu/cjp/star/>)
3. Seeking Safety (<https://www.treatment-innovations.org/seeking-safety.html>)
4. Lakeside Global (<https://lakesidelink.com/training/course-registration/>)
5. Keystone Crisis Intervention Team (<https://www.kcitpa.org/>)
6. PSU EPISCenter – Trauma-Focused CBT
7. National Institute for Trauma and Loss in Children
8. CBITS - cognitive behavioral intervention for trauma in schools
9. SSET- supporting students exposed to trauma
10. ABFT - attachment based family therapy

ONLINE COMMUNITIES

* Join the PACES Connection online community to stay up to date with the latest research, news and developments on trauma, resilience, and trauma informed practices.

<https://www.pacesconnection.com/>

* Join Resilient PA - Pennsylvania's state-wide community of trauma practitioners, county-level coalitions, others involved in this work - they offer a variety of free trainings and regular webinars and learning opportunities: <https://www.resilientpa.org/> - see their training offerings at: <https://www.resilientpa.org/trauma-training-programs/>