Trauma-Informed Care Resource Guide

Part 1 — Books (50)

General Trauma and Recovery

1. *It's Not You, It's What Happened to You: Complex Trauma and Treatment* — Christine A. Courtois An accessible introduction to complex trauma, its effects, and treatment. It also discusses the frequent connection between complex trauma and addiction.

2. *Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body* — Peter A. Levine Levine introduces somatic experiencing, a body-based approach to trauma recovery. He explains how physical awareness can help release unresolved trauma and regulate the nervous system.

3. *What My Bones Know: A Memoir of Healing from Complex Trauma* — Stephanie Foo Foo recounts her experience with complex PTSD rooted in childhood and family trauma. She explores cultural identity, therapy, relationships, resilience, and self-compassion.

4. *You Don't Need to Forgive: Trauma Recovery on Your Own Terms* — Amanda Ann Gregory Gregory challenges the belief that survivors must forgive those who harmed them. She emphasizes autonomy, self-compassion, and each survivor's right to define recovery personally.

5. *What Happened to You? Conversations on Trauma, Resilience, and Healing* — Bruce D. Perry and Oprah Winfrey Perry and Winfrey explain how adverse childhood experiences shape the brain, behavior, and emotional well-being. They encourage replacing "What's wrong with you?" with "What happened to you?"

6. *Trauma and Recovery: The Aftermath of Violence — From Domestic Abuse to Political Terror* — Judith Lewis Herman Herman connects interpersonal violence with wider social and political conditions. She describes recovery through safety, remembrance and mourning, and reconnection.

7. *The Trauma Tool Kit: Healing PTSD from the Inside Out* — Susan Pease Banitt Banitt combines conventional medicine, Eastern healing practices, mind-body techniques, and spirituality. The book provides practical strategies for recovering from PTSD and traumatic stress.

8. *Thriving in the Wake of Trauma: A Multicultural Guide* — Thema Bryant-Davis Bryant-Davis uses research, clinical insight, and survivor experiences to examine recovery across cultural backgrounds. The book emphasizes identity, community, and resilience.

9. *Naming the Shadows: New Approaches to Individual and Relational Psychotherapy for Adult Survivors of Childhood Sexual Abuse* — Susan E. Klebanoff and Leonard B. Smith This psychotherapy resource examines the emotions, beliefs, and relationship patterns experienced by adult survivors of childhood sexual abuse.

10. *Seeking Safety: A Treatment Manual for PTSD and Substance Abuse* — Lisa M. Najavits Najavits presents an evidence-based treatment for co-occurring trauma symptoms and substance-use problems. The approach emphasizes present-focused safety and coping skills.

Children, Adolescents, and Parenting

11. *How Little Coyote Found His Secret Strength: A Story About How to Get Through Hard Times* — Anne Westcott and C. C. Alicia Hu This therapeutic picture book helps children understand emotional abuse, bullying, and maltreatment. It encourages self-esteem and resilience while helping caregivers begin supportive conversations.

12. *Once I Was Very Very Scared* — Chandra Ghosh Ippen This illustrated book helps children understand the emotional, behavioral, and physical effects of frightening experiences. It also helps them express their feelings and develop coping strategies.

13. *Post-Traumatic Parenting: Break the Cycle and Become the Parent You Always Wanted to Be* — Robyn Koslowitz Koslowitz explains how unresolved childhood trauma can affect parenting. She offers strategies for building a supportive home and interrupting intergenerational patterns.

14. *Real Boys: Rescuing Our Sons from the Myths of Boyhood* — William Pollack Pollack examines how restrictive expectations about masculinity can harm boys' emotional development. The book guides adults in supporting boys' emotional and social well-being.

15. *Beyond PTSD: Helping and Healing Teens Exposed to Trauma* — Ruth Gerson and Patrick Heppell This book explores trauma in adolescents, including hidden trauma behind substance use, self-harm, academic problems, and other risky behaviors.

16. *Violence and Trauma in the Lives of Children* — Joy D. Osofsky and Betsy McAlister Groves, editors This two-volume reference examines the causes and consequences of childhood violence and trauma. It is intended for clinicians, educators, first responders, child-welfare professionals, and caregivers.

17. *Treating Traumatic Stress in Children and Adolescents: How to Foster Resilience Through Attachment, Self-Regulation, and Competency* — Margaret E. Blaustein and Kristine M. Kinniburgh The authors present the Attachment, Regulation, and Competency framework. The book offers practical guidance for supporting trauma-affected children in families, schools, clinics, and residential programs.

18. *Real Life Heroes: A Life Storybook for Children* — Richard Kagan This activity-based workbook uses storytelling and creative arts to help children process traumatic experiences and recognize their strengths.

19. *Treating Complex Trauma in Children and Their Families: An Integrative Approach* — Cheryl B. Lanktree and John Briere Lanktree and Briere describe an assessment-driven approach to treating multiply traumatized children. The model integrates individual treatment with family and caregiver support.

20. *The Unsayable: The Hidden Language of Trauma* — Annie G. Rogers Through clinical cases, Rogers examines how girls who have endured sexual trauma communicate experiences that may be difficult to express directly.

21. *Treating Complex Traumatic Stress Disorders in Children and Adolescents: Scientific Foundations and Therapeutic Models* — Julian D. Ford and Christine A. Courtois, editors This clinical reference covers the assessment and treatment of complex traumatic stress in young people. Contributors review developmental effects and evidence-informed interventions.

22. *Treating Complex Trauma in Adolescents and Young Adults* — John Briere and Cheryl B. Lanktree The authors present an assessment-driven treatment model for adolescents and young adults. It addresses emotional distress, substance use, behavioral problems, and social marginalization.

23. *Dissociation in Children and Adolescents: A Developmental Perspective* — Frank W. Putnam Putnam examines dissociation as a coping response and possible clinical disorder. He explains how trauma-related dissociation develops and appears in young people.

Sensory and Regulation Resources

24. *The Sensational Series* — Karen Treisman This illustrated series uses animals, nature, and accessible language to explain stress responses, sensory differences, and nervous-system regulation.

25. *The Seven Sensational Senses* — Karen Treisman This children's book introduces seven sensory systems and explains individual differences in processing sensory information. It includes strategies for helping children regulate stress.

26. *A Therapeutic Treasure Box for Working with Children and Adolescents with Developmental Trauma* — Karen Treisman This resource offers creative activities, worksheets, metaphors, and interventions for trauma-affected children. It is designed for caregivers, therapists, educators, and other professionals.

Adult Complex Trauma and Clinical Treatment

27. *Treating Complex Traumatic Stress Disorders in Adults: Scientific Foundations and Therapeutic Models* — Julian D. Ford and Christine A. Courtois, editors This clinical reference covers the nature, assessment, and treatment of complex traumatic stress in adults. Contributors describe relevant research and therapeutic models.

28. *Treating Adult Survivors of Childhood Emotional Abuse and Neglect: Component-Based Psychotherapy* — Elizabeth K. Hopper, Frances K. Grossman, Joseph Spinazzola, and Marla Zucker The authors introduce Component-Based Psychotherapy for adults affected by emotional abuse and neglect. Clinical narratives address identity, culture, bias, and the experiences of clients and therapists.

29. *Treatment of Complex Trauma: A Sequenced, Relationship-Based Approach* — Christine A. Courtois and Julian D. Ford Courtois and Ford offer a flexible roadmap for treating adults with complex trauma. Their approach emphasizes the therapeutic relationship, stabilization, trauma processing, and reconnection.

30. *Treating Trauma-Related Dissociation: A Practical, Integrative Approach* — Kathy Steele, Suzette Boon, and Onno van der Hart This guide explains trauma-related dissociation and provides structured methods for assessment and treatment. It combines theory with interventions and clinical examples.

31. *The Transforming Power of Affect: A Model for Accelerated Change* — Diana Fosha Fosha introduces Accelerated Experiential Dynamic Psychotherapy. The approach uses empathic attunement and emotional processing to address attachment disruption, abuse, betrayal, and neglect.

32. *Treating Survivors of Childhood Abuse and Interpersonal Trauma: STAIR Narrative Therapy* — Marylene Cloitre, Lisa R. Cohen, Kerry J. Ortigo, and Karestan C. Koenen This manual combines emotion-regulation and interpersonal-skills training with narrative processing of traumatic memories.

33. *Coping with Trauma-Related Dissociation: Skills Training for Patients and Therapists* — Suzette Boon, Kathy Steele, and Onno van der Hart This manual provides exercises for understanding and managing dissociation. It supports emotional regulation, safety, and cooperation among fragmented parts of the self.

34. *Doing Dialectical Behavior Therapy: A Practical Guide* — Kelly Koerner Koerner provides practical guidance for applying dialectical behavior therapy. The skills are relevant to trauma survivors experiencing emotional dysregulation, self-harm, or other high-risk behaviors.

35. *Self-Injury, Compulsive Sexual Behavior, and Other High-Risk Behaviors* — John Briere Briere interprets high-risk behaviors as attempts to reduce overwhelming trauma-related distress. He offers tools for assessment, stabilization, and treatment planning.

Body-Based, Mindfulness, and Neuroscience Approaches

36. *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma* — Bessel van der Kolk Van der Kolk explains how trauma affects the brain, mind, and body. He discusses conventional and body-centered approaches to recovery.

37. *Waking the Tiger: Healing Trauma* — Peter A. Levine with Ann Frederick Levine examines the body's instinctive responses to threats. He proposes that somatic awareness can help people complete interrupted survival responses and restore regulation.

38. *The Deepest Well: Healing the Long-Term Effects of Childhood Trauma and Adversity* — Nadine Burke Harris Burke Harris explains how adverse childhood experiences can affect biological development and long-term health. She emphasizes screening, intervention, resilience, and community support.

39. *Mindfulness-Oriented Interventions for Trauma: Integrating Contemplative Practices* — Victoria M. Follette, John Briere, Deborah Rozelle, James W. Hopper, and David I. Rome, editors This collection examines how mindfulness and contemplative practices can be incorporated into trauma treatment for different populations.

40. *Overcoming Trauma Through Yoga: Reclaiming Your Body* — David Emerson and Elizabeth Hopper The authors introduce Trauma Center Trauma-Sensitive Yoga. They explain how movement, breathing, and choice can support bodily safety, agency, and regulation.

41. *Sensorimotor Psychotherapy: Interventions for Trauma and Attachment* — Pat Ogden and Janina Fisher Ogden and Fisher offer a practical guide to body-centered trauma and attachment treatment. The book includes interventions and worksheets for therapists and clients.

42. *Neurofeedback in the Treatment of Developmental Trauma: Calming the Fear-Driven Brain* — Sebern F. Fisher Fisher explains how neurofeedback may help regulate brain-wave patterns altered by developmental trauma. The book combines theory, clinical cases, and treatment guidance.

Intergenerational, Cultural, and Societal Trauma

43. *It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle* — Mark Wolynn Wolynn explores how unresolved trauma may be transmitted across generations. He offers strategies for recognizing inherited family patterns and interrupting cycles of pain.

44. *The Myth of Normal: Trauma, Illness, and Healing in a Toxic Culture* — Gabor Mate with Daniel Mate The authors examine how social expectations, chronic stress, and disconnection contribute to emotional and physical illness. They advocate for authenticity, compassion, and trauma awareness.

45. *My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies* — Resmaa Menakem Menakem examines how racial trauma affects Black bodies, white bodies, and police bodies. He combines historical analysis with somatic practices for individual and collective healing.

46. *Between the World and Me* — Ta-Nehisi Coates Written as a letter to his son, Coates examines racism, identity, fear, and structural violence. He connects personal and family experiences with broader historical forces.

47. *Healing the Soul Wound: Counseling with American Indians and Other Native Peoples* — Eduardo Duran Duran presents culturally grounded approaches to counseling Native peoples affected by historical, intergenerational, and systemic trauma.

48. *The Pain Didn't Start Here: Trauma, Violence and the African-American Community* — Denyse Hicks-Ray Hicks-Ray examines violence and harmful behavior through the lenses of historical trauma, structural violence, oppression, and intergenerational pain.

49. *Wrong Place, Wrong Time: Trauma and Violence in the Lives of Young Black Men* — John A. Rich Rich shares the experiences of young Black men living amid poverty, racism, and community violence. He reframes aggression and substance use as possible responses to trauma.

50. *Healing Racial Trauma: The Road to Resilience* — Sheila Wise Rowe Rowe explores the emotional, relational, and spiritual effects of racial trauma through personal stories and clinical insight. She offers a faith-informed path toward resilience, restoration, and community healing.

Book References

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New York State Trauma-Informed Network and Resource Center. (n.d.). *What are the best books about trauma? 10 essential reads for healing and becoming trauma-informed*.

The Foundation Trust. (2025, January 2). *Recommended books relevant to complex trauma*. Complex Trauma Resources.

Part 2 — Websites and Organizations (83)

General Mental Health Resources

1. Mental Health Center Kids — Provides mental health information and evidence-based materials for children and adolescents. Its worksheets, posters, bundles, and simplified infographics explain concepts from cognitive behavioral therapy and dialectical behavior therapy in age-appropriate ways.

2. National Institute of Mental Health — The primary U.S. federal research institute for mental and behavioral health. It provides information about mental health conditions, statistics, clinical trials, prevention, treatment, recovery, and research funding.

3. Child Mind Institute — An independent nonprofit focused on children's mental health and neurodevelopmental conditions. Its resources address ADHD, autism, anxiety, OCD, depression, mood disorders, and learning disorders, with guidance for families, teachers, and caregivers.

4. National Alliance on Mental Illness — A grassroots mental health organization offering education, advocacy, peer programs, family programs, support groups, and community resources. Its online library covers mental health conditions, treatment, research, and trauma.

5. Mental Health America — A national nonprofit that promotes mental health education, research, advocacy, screening, and policy reform. It provides educational resources, mental health tests, treatment information, and guidance for individuals, families, teachers, and caregivers.

6. HelpGuide — An independent nonprofit that publishes accessible information on mental health and wellness. Topics include anxiety, depression, ADHD, bipolar disorder, healthy habits, mental health services, and self-screening.

7. MentalHealth.com — A digital platform offering educational material, mental health screening, clinical assessments, and connections to licensed therapists. Its articles cover trauma, addiction, eating disorders, self-care, therapy, recovery, and social well-being.

8. American Psychological Association — A professional organization that advances psychological science through research, education, publications, databases, professional divisions, advocacy, grants, and training.

9. American Psychiatric Association — A professional organization serving psychiatrists, medical students, patients, and families. It publishes the *Diagnostic and Statistical Manual of Mental Disorders* and provides condition guides, clinical resources, continuing education, and practice tools.

10. FindTreatment.gov — A federal treatment directory managed by the Substance Abuse and Mental Health Services Administration. Users can search for mental health and substance-use treatment by care type, age group, payment option, and population served.

11. Alberta Family Wellness Initiative — An initiative of the Palix Foundation that translates the science of early brain development for families, communities, professionals, and policymakers. It focuses on how early experiences shape lifelong physical and mental health, addiction risk, stress, and resilience. Resources include the Brain Story toolkit and narrative, an online Brain Story certification course, research projects, and frameworks such as the Resilience Scale. Its content is grounded in an advisory council of researchers and clinicians and is shared through partnerships, including with the University of Oxford.

12. Center on the Developing Child at Harvard University — A research center whose mission is to use science to improve outcomes for young children facing adversity. It explains key concepts of early development, including brain architecture, serve and return interaction, stress and resilience, and how surroundings shape development. The site offers briefs, handouts, working

papers, videos, and policy insights written for parents, practitioners, and policymakers, with a strong emphasis on applying developmental science to practice and public policy.

Digital PTSD and Trauma Tools

13. PTSD Coach — A mobile application developed by the U.S. Department of Veterans Affairs. It helps users learn about PTSD, monitor symptoms, practice coping strategies, and locate additional support.

14. AfterDeployment — A digital resource originally developed for service members, veterans, and their families. It offers interactive material about PTSD, traumatic brain injury, anxiety, depression, deployment, and reintegration.

15. T2 Virtual PTSD Experience — An interactive virtual experience designed to illustrate how combat-related PTSD may develop, how symptoms may appear, and how effective treatment can be sought.

Adult Trauma and Professional Resources

16. Academy of Cognitive and Behavioral Therapies — Supports education, research, and professional certification in cognitive and behavioral therapy. It also provides information for professionals and the public about trauma treatment.

17. Addiction Technology Transfer Center Network — Offers education, training, and technical assistance for addiction-treatment professionals. Its trauma-related resources address veterans, PTSD, child abuse and neglect, secondary traumatic stress, and co-occurring disorders.

18. Agency for Healthcare Research and Quality — A federal research agency focused on patient safety, healthcare quality, treatment effectiveness, clinical practice, and service delivery. Its materials include research, government publications, and trauma-informed care resources.

19. American Academy of Experts in Traumatic Stress — A multidisciplinary professional organization concerned with intervention for trauma survivors. Its work addresses trauma caused by illness, accidents, domestic violence, loss, disasters, and other critical events.

20. American Red Cross Disaster Services — Provides shelter, food, health services, mental health assistance, and recovery support following disasters. It also offers training for professionals and volunteers involved in disaster response.

21. Anxiety and Depression Association of America — Provides public and professional education about anxiety, depression, PTSD, and related conditions. Its materials cover symptoms, treatment, research, and self-screening.

22. Association for Behavioral and Cognitive Therapies — A professional organization that applies behavioral and cognitive science to mental health. It offers public and professional resources, treatment referrals, educational materials, and training opportunities.

23. Association of Traumatic Stress Specialists — An international membership organization offering professional credentials related to trauma intervention, crisis response, advocacy, victim assistance, and treatment.

24. Center for Anxiety and Related Disorders — A Boston University clinical and research center focused on anxiety, mood, eating, sleep, and related disorders. Its materials include PTSD information, research publications, and trauma-treatment resources.

25. Center for the Study of Traumatic Stress — A federally supported center examining the effects of combat, terrorism, disasters, mass violence, hostage events, assaults, and accidents. Its work particularly supports service members and military families.

26. Center for Culture, Trauma, and Mental Health Disparities — A multidisciplinary center focused on trauma research and training involving racial, ethnic, and cultural minority populations.

27. Council of State Governments Justice Center — Mental Health — Develops resources and programs for improving outcomes among adults and youth with mental illnesses who become involved with the criminal justice system. Its work includes trauma services and juvenile justice.

28. Dart Center for Journalism and Trauma — Helps journalists and educators improve the coverage of trauma, conflict, violence, and tragedy. It also addresses how repeated exposure to traumatic material affects media professionals.

29. David Baldwin's Trauma Information Pages — Provides clinical and research information about emotional trauma, traumatic stress, PTSD, dissociation, disasters, and trauma recovery.

30. Disaster Technical Assistance Center — A SAMHSA resource that helps states and communities prepare for and respond to natural and human-caused disasters. Its work includes crisis counseling, technical assistance, and trauma-informed recovery practices.

31. EMDR Institute — Provides information about eye movement desensitization and reprocessing, including its eight-phase treatment model. It also lists educational materials, references, training opportunities, and professional networks.

32. Federal Emergency Management Agency — Coordinates federal preparation, response, recovery, and mitigation related to disasters and emergencies.

33. International Critical Incident Stress Foundation — Provides education, training, consultation, and support for emergency-service professionals and behavioral health practitioners responding to critical incidents.

34. International Society for the Study of Trauma and Dissociation — Promotes research, education, networking, and professional training related to trauma, dissociation, and dissociative disorders.

35. International Society for Traumatic Stress Studies — A professional organization dedicated to research, policy, clinical practice, and programs intended to reduce traumatic stress and its long-term consequences.

Government and National Trauma Organizations

36. National Association of State Alcohol and Drug Abuse Directors — Supports state-level prevention and treatment systems for alcohol and drug use. Its resources address trauma, substance use, and behavioral health responses to disasters.

37. National Association of State Mental Health Program Directors — Represents state mental health systems and offers policy development, information, technical assistance, and support for reducing restraint and seclusion.

38. National Center for Injury Prevention and Control — A Centers for Disease Control and Prevention program that uses research, surveillance, evidence-based strategies, and public education to prevent injuries and violence.

39. National Center for PTSD — A Department of Veterans Affairs center advancing PTSD research, education, assessment, and treatment. Its resources address trauma exposure, risk and resilience, screening instruments, and professional training.

40. National Center for Telehealth and Technology — Develops technology-based behavioral health resources for service members, veterans, and military families affected by PTSD, traumatic brain injury, deployment, and related concerns.

41. National Center for Trauma-Informed Care — Supports trauma-informed practices in publicly funded behavioral health systems. Its work includes consultation, education, outreach, technical assistance, and efforts to prevent retraumatization.

42. National Center for Victims of Crime — Provides education, advocacy, training, and resources for people affected by violent crime and the professionals who serve them.

43. National Center on Domestic Violence, Trauma, and Mental Health — Promotes accessible, culturally responsive, trauma-informed services for domestic violence survivors and their children. It also trains mental health and substance-use professionals and supports policy development.

44. National Center on Elder Abuse — Provides education, research information, training, and technical assistance related to the prevention and recognition of elder mistreatment.

45. National Center on Family Homelessness — Conducts research and develops trauma-informed resources for families and veterans experiencing homelessness.

46. National Coalition Against Domestic Violence — Provides education, advocacy, and referral information concerning domestic violence. It also supports legislation and services intended to protect survivors and their families.

47. National Council for Mental Wellbeing — Represents community behavioral health organizations and provides advocacy, consultation, publications, conferences, and resources related to trauma-informed care.

48. National Institute on Drug Abuse — Conducts and supports research on drug use, addiction, prevention, and treatment. Its work includes research on trauma, substance use, women's health, and sex and gender differences.

49. National Registry of Evidence-Based Programs and Practices — A historical SAMHSA registry that cataloged evaluated mental health and substance-use interventions, including programs addressing trauma and PTSD.

50. National Sexual Violence Resource Center — Collects and distributes research, statistics, policy information, training materials, prevention resources, and program guidance related to sexual violence.

51. National Trauma Consortium — Serves as a clearinghouse for trauma information and emerging treatment practices. It also offers training, consultation, publications, and links to trauma-related organizations.

52. National Voluntary Organizations Active in Disaster — Coordinates voluntary organizations involved in disaster planning and response. Its work promotes communication, cooperation, education, outreach, and efficient delivery of services.

53. Office for Victims of Crime Training and Technical Assistance Center — Provides training, assessment, capacity building, and technical assistance for victim-service providers and allied professionals.

54. SAMHSA Tribal Training and Technical Assistance Center — Provides culturally responsive support to Tribal nations and American Indian and Alaska Native communities. Its work addresses mental health, substance use, suicide prevention, infrastructure, and program development.

55. Substance Abuse and Mental Health Services Administration — A federal agency focused on improving the availability and quality of mental health and substance-use prevention, treatment, and recovery services. Its materials include trauma, PTSD, disaster response, and restraint-reduction resources.

Survivor Support and Treatment Models

56. Rape, Abuse & Incest National Network — A national nonprofit that supports survivors of sexual violence and provides education, prevention resources, advocacy, and online support services.

57. Sanctuary Model — A trauma-informed organizational model designed to strengthen safety, community, shared responsibility, emotional regulation, social learning, recovery, and growth.

58. Seeking Safety — Provides information and materials for a present-focused therapy addressing PTSD and substance use. Its resources include sample materials, research, clinical guidance, and professional training.

59. Sidran Institute — A nonprofit focused on trauma education and advocacy. Its work addresses childhood trauma, the long-term effects of trauma in adults, mutual-help recovery, clinical practice, and public policy.

60. Traumatic Stress Institute — Provides clinical services, professional education, community training, research, forensic assessment, and resources related to trauma recovery.

61. Tulane University Traumatology Institute — Supports interdisciplinary research, education, treatment development, and professional training intended to reduce the effects of trauma on individuals, families, and communities.

62. Veterans Affairs PTSD Support Services — A network of specialized programs offering veterans PTSD education, evaluation, and multidisciplinary treatment.

63. White Bison Wellbriety Training Institute — An American Indian nonprofit offering culturally grounded resources related to sobriety, recovery, wellness, historical trauma, and intergenerational trauma.

Children, Adolescents, and Families

64. American Academy of Child and Adolescent Psychiatry — Provides education and professional resources related to mental, behavioral, and developmental conditions affecting children, adolescents, and families.

65. American Professional Society on the Abuse of Children — Helps professionals respond effectively to children and families affected by abuse and violence through education, research, training, and interdisciplinary collaboration.

66. Anna Institute — Educates professionals and the public about childhood sexual abuse and trauma. Its resources address trauma-informed care, retraumatization, and support for school personnel.

67. Caring for Every Child's Mental Health Campaign — A public education initiative designed to improve awareness of children's mental health, encourage early treatment, and reduce discrimination associated with mental health conditions.

68. Child Study Center — Provides information for families of children with emotional, behavioral, developmental, and learning difficulties. Its work integrates research, education, and clinical care.

69. Child Trauma Academy — Develops education, consultation, and service-delivery resources to improve care for traumatized and maltreated children.

70. Child Trauma Institute — Provides training, consultation, publications, and resources for professionals and families supporting trauma-exposed children, adolescents, and adults.

71. Child Welfare Information Gateway — A federal information service covering child welfare, maltreatment, adoption, laws, policy, research, statistics, training, and program development.

72. Child Welfare League of America — Develops professional standards, training, consultation, publications, and policy recommendations intended to improve services for children, youth, and families.

73. Eunice Kennedy Shriver National Institute of Child Health and Human Development — Supports research and professional training related to human development, reproductive health, disabilities, diseases, and health across the lifespan.

74. National Center for Children Exposed to Violence — Supports research, intervention, training, and public education aimed at reducing children's exposure to violence and improving services for affected children and families.

75. National Center on Substance Abuse and Child Welfare — Provides information, training, technical assistance, and systems-change guidance at the intersection of substance use, child welfare, and family services.

76. National Child Traumatic Stress Network — Works to improve trauma treatment and services for children and adolescents. It provides education, professional resources, public awareness materials, and information about evidence-based and promising practices.

77. National Institute for Trauma and Loss in Children — Offers trauma education, consultation, referral resources, training, and intervention programs for educators, crisis teams, clinicians, healthcare professionals, and childcare providers.

78. National Native Children's Trauma Center — Provides culturally responsive trauma interventions and training for American Indian and Alaska Native children through Tribal programs, schools, clinicians, and community agencies.

Professional Training and Credentials

79. Certified Trauma Specialist — A professional credential for clinicians and counselors who provide trauma treatment, individual counseling, group counseling, or family intervention.

80. Certified Trauma Responder — A credential for professionals who deliver immediate trauma or critical-incident interventions.

81. Certified Trauma Services Specialist — A credential for professionals involved in crisis support, trauma intervention, victim advocacy, or victim assistance.

82. University-Based Trauma Training — Specialty trauma education is available through selected universities and academic centers. Training areas include trauma therapy, trauma research, trauma-focused cognitive behavioral therapy, childhood traumatic grief, and co-occurring trauma and addiction.

83. Disaster Mental Health Training — Organizations such as SAMHSA, the Federal Emergency Management Agency, and the American Red Cross provide specialized training for qualified professionals supporting communities after disasters.

84. EMDR Training — Professional education in eye movement desensitization and reprocessing is available through recognized training organizations. Programs may include classroom instruction, supervised practice, consultation, and certification pathways.

85. Seeking Safety Training — Training helps clinicians and administrators apply a present-focused treatment for trauma, PTSD, substance use, and co-occurring disorders.

Website References

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Part 3 — Videos (15)

Adverse Childhood Experiences

1. 10 Things to Know About Adverse Childhood Experiences (ACEs) — This five-part playlist introduces ACEs and explains how childhood adversity can affect development, behavior, physical health, and mental health across the lifespan.

2. ACEs Primer — This short introductory video explains the ACE Study and the relationship between childhood adversity and later health and social outcomes.

3. Dr. Robert Anda: Importance of ACEs Is a Recent Discovery — Dr. Robert Anda, a co-principal investigator of the original ACE Study, discusses the relatively recent recognition of the powerful connection between adverse childhood experiences and long-term health.

4. Nadine Burke Harris: "How Childhood Trauma Affects Health Across a Lifetime" (TED, 2014) — A pediatrician explains that adverse childhood experiences are a public health crisis, not just a mental health concern. Drawing on the ACE Study, she describes how repeated stress changes the brain, hormones, and immune system, raising lifelong risk for heart disease, addiction, and depression. She calls for routine screening and early intervention.

Brain Development and Stress

5. Dan Siegel: The Adolescent Brain — Dr. Dan Siegel dispels common myths about adolescence and explains how the brain undergoes extensive remodeling during the teenage years. He emphasizes understanding adolescents with empathy rather than attributing their behavior solely to hormones.

6. How a Child's Brain Develops Through Early Experiences — This *Brain Builders* video explains how early experiences shape a child's developing brain. It also considers how supportive relationships foster healthy development while abuse, neglect, and severe stress may disrupt it.

7. How Emotions Are Made — Neuroscientist Lisa Feldman Barrett explains that emotions are not simply hardwired reactions. Instead, the brain constructs emotional experiences using physical sensations, past experiences, context, and learned concepts.

8. How Stress Affects Your Brain — This TED-Ed lesson by Madhumita Murgia explains how chronic stress can change the brain's structure and functioning. It examines the effects of prolonged cortisol exposure on learning, memory, emotional regulation, and gene expression.

9. The Biology of Toxic Stress — This video explains how repeated activation of the stress response can flood the body with stress hormones. It describes how toxic stress may affect the brain, body, behavior, development, and long-term health.

Empathy and Understanding Others

10. Brene Brown on Empathy — In this animated short, Brene Brown distinguishes empathy from sympathy. She explains that genuine empathy involves perspective-taking, withholding judgment, recognizing emotion, and communicating understanding.

11. "Under the Surface" — Empathy Film — This short film by Austin Wideman and Sam Ayers illustrates that people's private difficulties are not always visible. It encourages viewers to avoid quick judgments and approach others with curiosity and compassion.

Trauma and Trauma-Informed Care

12. What Is Trauma? — This resource defines trauma as distress in the brain and body after an experience overwhelms a person's ability to cope. It emphasizes that trauma is not limited to a single event and that its effects differ among individuals.

13. What Is Trauma-Informed Care? — This animated video from the Center for Health Care Strategies explains how abuse, neglect, violence, and other traumatic experiences can affect health throughout life. It shows how trauma-informed care can create safer and more welcoming environments for patients, providers, and staff.

14. Trauma-Informed Care Champions: From Treaters to Healers — Healthcare professionals and patients discuss the value of trauma-informed care. The video emphasizes understanding patients' experiences, building trust, promoting safety, and shifting from treating symptoms to supporting healing.

Recovery and Resilience

15. *Paper Tigers* Trailer — This trailer introduces a documentary about an alternative high school adopting trauma-informed practices. The film follows educators and students as they address the effects of adversity through supportive relationships, patience, and resilience-building.

16. Recovery Stories: Tonier — Trauma survivor and advocate Tonier Cain describes her experiences with trauma, addiction, incarceration, and recovery. Her story illustrates the importance of trauma-informed support, personal agency, and opportunities for healing.

Video Reference

University Health. (n.d.). *Trauma-informed care resources*. Institute for Public Health.