**Professional Development Series on Childhood Trauma**

**June 2019**

**RESOURCES**

**BRAIN DEVELOPMENT**

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| Center on the Developing Child, Harvard University | [www.developingchild.harvard.edu](http://www.developingchild.harvard.edu) |
| Chein, Albert, O'Brien, Uckert & Steinberg, | "Peers increase adolescent risk-taking by enhancing activity in the brain's reward circuitry", Chein, Albert, O'Brien, Uckert & Steinberg, Developmental Science, 2010. pp. F1-F10 |
| Fussy Baby | [www.erikson.edu/fussy-baby-network or 888.431.2229](http://www.erikson.edu/fussy-baby-network%20or%20888.431.2229) |
| Zero to Three | [www.zerotothree.org](http://www.zerotothree.org) |
| Dr. Bruce Perry | [www.childtrauma.org](http://www.childtrauma.org) |
| USHHS, Centers for Disease Control | [www.cdc.gov/ncbddd/childdevelopment/positiveparenting](http://www.cdc.gov/ncbddd/childdevelopment/positiveparenting) or 1-800-CDC-INFO (800-232-4636) |
| Search Institute | [www.search-institute.org-](http://www.search-institute.org-) |
| Abigail Baird, Vassar | * [www.vassar.edu/faculty/abbaird/](http://www.vassar.edu/faculty/abbaird/) * “The Teen Brain.” Interview with Abigail Baird & Jay Giedd. PBS News Hour.   October 2004.  <http://www.pbs.org/newshour/bb/science/july-dec04/brain_10-13.html>   * Interview with Lisa Kudrow - https://www.youtube.com/watch?v=69cC2fz56CU |
| Bellevue Toddlers | <https://bellevuetoddlers.files.wordpress.com/2015/06/hands-on-with-brain-map-11x17.pdf> |

**TRAUMA & IT’S IMPACT**

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| ACES Connection | [www.acesconnection.com](http://www.acesconnection.com) |
| ACES study | * [www.acestudy.org](http://www.acestudy.org) * “Interview with Drs. Anda and Felitti” March 3, 2015. <http://www.npr.org/blogs/health/2015/03/02/377569413/can-family-secrets-make-you-sick> |
| Ishmael Beah | A Long Way Gone, 2008. |
| Child Trends | [www.childtrends.org/publications/how-to-implement-trauma-informed-care-to-build-resilience-to-childhood-trauma?utm](http://www.childtrends.org/publications/how-to-implement-trauma-informed-care-to-build-resilience-to-childhood-trauma?utm) |
| Nadine Burke Harris | * [www.centerforyouthwellness.org](http://www.centerforyouthwellness.org) * “How Childhood Trauma Affects Health Across a Lifetime, Nadine Burke Harris, 2014 <https://www.youtube.com/watch?v=95ovIJ3dsNk> |
| Illinois Childhood Trauma  Coalition | * To join ICTC: [ICTC@luriechildren’s.org](mailto:ICTC@luriechildren's.org) * Public Awareness Campaign - <http://lookthroughtheireyes.org> |
| Institute for Safe Families | [www.instituteforsafefamilies.org/Philadelphia-urban-ace-study](http://www.instituteforsafefamilies.org/Philadelphia-urban-ace-study) |
| Alex Kotlowitz | An American Summer: Love and Death in Chicago, 2019. |
| National Child Traumatic Stress Network | * [www.nctsn.org](http://www.nctsn.org) * Empirically Supported Treatments and Promising Practices <http://www.nctsn.org/resources/topics/treatments-that-work/promising-practices> * Psychological First Aid - www.nctsn.org/treatments-and-practices/psychological-first-aid-and-skills-for-psychological-recovery * Juvenile Justice System Resources - http://www.nctsn.org/resources/topics/juvenile-justice-system * Resources for School Personnel - <http://www.nctsnet.org/resources/audiences/school-personnel> |
| Trevor Noah | Born A Crime, 2019. |
| Dr. Bruce Perry | * [www.childtrauma.org](http://www.childtrauma.org/) * The Boy Who Was Raised as a Dog, Bruce Perry, M.D. & Maia Szalavitz * Born for Love: Why Empathy is Essential and Endangered, Bruce Perry, M.D. & Maia Szalavitz * A Child’s Loss * ***Helping traumatized children: A brief overview for caregivers*** CTA Parent and Caregiver Education Series Volume 1:  Issue 5, Child Trauma Academy Press, 1999 * Brief: Reflections on Childhood, Trauma and Society [E-reader Version]. Retrieved from <https://itunes.apple.com/us/book/brief/id668004730?mt=11> |
| Renaissance Project | [www.preventchildabuse.org/resource/resilience](http://www.preventchildabuse.org/resource/resilience) |
| John Rich, M.D. | Wrong Place, Wrong Time: Trauma and Violence in the Lives of Young Black Men, 2011. |
| Massachusetts Advocacy for Children | “Helping Traumatized Children Learn.” Massachusetts Advocacy for Children. Sixth Printing, September 2009.<<http://www.massadvocates.org/documents/HTCL_9-09.pdf>> |

**SELF-CARE**

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| American Heart Association | "Resilience in the Workplace: An Evidence Review and Implications for Practice", American Heart Association, CEO Roundtable Report, 2017. |
| Chinn Street Counseling | [www.chinnstreetcounseling.com](http://www.chinnstreetcounseling.com/) - H.A.L.T. |
| Compassion Fatigue | * "Low Impact Disclosure - How to Stop Sliming Each Other" [www.compassionfatigue.ca](http://www.compassionfatigue.ca/) |
| Craig & Sprang | Craig, C.D. & Sprang, G. (2010). “ Compassion satisfaction, compassion fatigue, and burnout in a national sample of trauma treatment therapists” *Anxiety, Stress and Coping*. 23(3), 319-339. |
| Figley Institute | [www.figleyinstitute.com](http://www.figleyinstitute.com) |
| On-Being | * [www.onbeing.org](http://www.onbeing.org) * Onbeing Podcast * WBEZ, 9105 FM, Sundays @ 7:00 a.m. |
| Perry, B.D. | The cost of caring: Understanding and preventing secondary traumatic stress when working with traumatized and maltreated children   CTA Parent and Caregiver Education Series, Volume 2: Issue 7, Child Trauma Academy Press, 2014. |
| Gretchen Schmelzer | [www.emotionalgeographic.com](http://www.emotionalgeographic.com) |
| Ted Talks | "The Importance of Self Care" <https://www.ted.com/playlists/299/the_importance_of_self_care> |
| You Tube | Enjoy Chocolate Mindfully - Mindful Eating Exercise; a 6 minute YouTube video for practice <https://www.youtube.com/watch?v=N_oea_Lqjao> |