

Trainer's Top Resources



Books

SelfReg by Stuart Shanker

Your Survival Instinct is Killing You by Marc Schoen

A Force for Good by Daniel Goldman (with Dalai Lama)

Help for Billy by Heather Forbes

Childhood Disrupted by Donna Jackson Nakazawa

Managing Emotional Mayhem by Becky Bailey

The Whole Brain Child by Daniel Siegel with Tina Payne Bryson

The Body Keeps the Score by Bessel van der Kolk

Trauma Stewardship by Laura vander noot Lipsky

Born for Love by Bruce Perry

Community: the Structure of Belonging by Peter Block

Bowling Alone (and his others) by Robert Putnam

Transformational Resilience by Bob Doppelt

Inner Matrix by Joey Klein – Neuroscience based meditation program that can be done as bookgroups.

Transforming Anxiety by Heartmath Institute

Biology of Belief by Bruce Lipton

Building Resilience in Children and Teens by Ken Ginsburg

Creating Sanctuary: Toward the Evolution of Sane Societies by Sandra Bloom

Websites

<https://developingchild.harvard.edu/>
Harvard site, all videos and their 10 briefs- absolute best information available –

<http://heartmindonline.org/resources/two-surprising-myths-about-resilience>

<http://www.albertafamilywellness.org/>,
several videos (brain architecture in particular)

https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime Great intro video to ACEs and Call to Action

<https://www.consciousdiscipline.com>
Conscious Discipline (super for school culture transformation); the "How to Make a Bully" should be watched by every one

<https://www.cssp.org/young-children-their-families/strengtheningfamilies>
Strengthening Families Framework (Center for the Study of Social Policy)

<https://sesamestreetincommunities.org/>
Sesame Street Community Toolkits, new kit on Trauma and Resilience

<https://resiliencetrumpsaces.org> CRI – Our research on our community and Resilience resources

<http://www.nctsn.org> National Child Traumatic Stress Network.

<http://www.acesconnection.com> ACEs Connection: A Community of Practice Social Network.

<https://acestoohigh.com>