

Trauma-Informed Resources

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Title	Author(s)	Summary
Born for Love: Why Empathy is Essential and Endangered	Bruce D. Perry, MD, Ph.D. Maia Szalavitz	Renowned psychiatrist Dr. Bruce Perry and co-writer Maia Szalavitz explore empathy's startling importance in human evolution and its significance for our children and our society.
Dare to Love: A Q & A Guide for Raising Children with Challenging Behaviors	Heather T. Forbes, LCSW	Emerging science has helped us to understand children better from a neurological and behavioral standpoint. Heather Forbes, LCSW, describes in detail how to merge science into everyday parenting by giving practical, effective, and loving solutions when struggling with a child.
Help for Billy: A Beyond Consequences Approach to Helping Challenging Children in the Classroom	Heather T. Forbes, LCSW	<i>Help for Billy</i> is a pragmatic guide to help families and educators who are struggling with traumatized children. Based on the concept of the neuroscience of emotions and behavior, Heather Forbes, LCSW, provides detailed, comprehensive, and logical strategies.
Lost & Found: Helping Behaviorally Challenging Students (and, While You're at It, All the Others) (<i>Follow-up to The Explosive Child and Lost at School</i>)	Ross W. Green, Ph.D.	This book is a practical, compassionate, effective approach to helping students with behavioral challenges. <i>Lost and Found</i> provides explicit details on key facets of the CPS (Collaborative and Proactive Solutions) model. Readers will learn how to incorporate students' input in understanding the factors making it difficult for them to meet expectations and in generating mutually satisfactory solutions.
Lost at School: Why Our Kids with Behavioral Challenges are Falling Through the Cracks and How We Can Help Them	Ross W. Green, Ph.D.	From the renowned authority on education and parenting, <i>Lost at School</i> provides an in-depth approach to aid parents and teachers to work together with behaviorally challenging students.
The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma	Bessel Van Der Kolk, M.D.	Dr. Van Der Kolk explains how trauma and its resulting stress harms us through physiological changes to the body and brain, and that those harms can persist throughout life. Excess stress can predispose us to everything from diabetes to heart disease, maybe even cancer.
The Boy Who Was Raised as a Dog: And Other Stories from a Child Psychiatrist's Notebook	Bruce D. Perry, MD, PhD Maia Szalavitz	Renowned psychiatrist, Dr. Bruce Perry, examines the effects that trauma can have on a child, reveals how PTSD impacts the developing mind, and outlines the path to recovery.
The Deepest Well: Healing the Long-Term Effects of Childhood Adversity	Nadine Burke Harris, M.D.	Dr. Burke Harris explores the relationship between Adverse Childhood Experiences (ACEs) and adult health problems, drawing on scientific insights and personal stories to outline beneficial health interventions.

<p>The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children</p>	<p>Ross W. Greene, Ph.D.</p>	<p>Dr. Ross W. Greene, a distinguished clinician and pioneer in the treatment of kids with social, emotional, and behavioral challenges, provides a groundbreaking approach to understanding and parenting children who frequently exhibit severe fits of temper and other intractable behaviors.</p>
<p>The Power of Showing Up: How Parental Presence Shapes Who our Kids Become and How Their Brains get Wired</p> <p>Other books by Dan Siegal: <i>The Whole-Brained Child</i>, <i>The Yes-Brain Workbook</i>, <i>Brainstorm (teenage brain)</i>, <i>Parenting from the Inside Out</i>, <i>No Drama Discipline</i>, and <i>the Developing Mind</i></p>	<p>Dan J Siegal, M.D Tina Payne Bryson, Ph.D.</p>	<p>One of the best scientific predictors for how any child turns out is whether at least one adult in their life has consistently shown up for them. Showing up means offering a quality of presence making a child feel safe, seen, soothed and secure. Learn strategies to provide this for your child.</p>
<p>The Three Pillars of Transforming Care: Trauma and Resilience in the Other 23 Hours</p>	<p>Howard Bathe & John Seita</p>	<p>This book was written for those who live or work with children and young people who have been exposed to severe adversity and trauma. It provides a summary of recent research and clinical wisdom then explores three core trauma-related needs of these vulnerable young people and what we most need to do to promote healing and growth.</p>

Online Resources

The Timing and Quality of Early Experiences Combine to Shape Brain Architecture (Center on the Developing Child, Harvard University)
<https://developingchild.harvard.edu/resources/the-timing-and-quality-of-early-experiences-combine-to-shape-brain-architecture/>

In Focus: Understanding the Effects of Maltreatment on Early Brain Development (National Clearinghouse on Child Abuse and Neglect Information)
<https://www.childwelfare.gov/pubPDFs/earlybrain.pdf>

The Lifelong Effects of Early Childhood Adversity and Toxic Stress (American Academy of Pediatrics)
https://ohioaap.org/wp-content/uploads/2016/08/peds.2011-2663.full_.pdf

Child Trauma Toolkit for Educators (The National Child Traumatic Stress Network)
https://www.nctsn.org/sites/default/files/resources/child_trauma_toolkit_educators.pdf

An Unhealthy Dose of Stress: The impact of Adverse Childhood Experiences and toxic stress on childhood health and development (Center for Youth Wellness)
https://www.starfishfamilyservices.org/wp-content/uploads/2017/04/CYW-White-Paper_An-Unhealthy-Dose-of-Stress_FINAL-1.pdf