

Resource List

VCSE Workshop: Developing Trauma-Informed Understanding

Books and Articles
The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma - Bessel van der Kolk
Toxic Childhood Stress: The Legacy of Early Trauma and How to Heal - Nadine Burke Harris
Department for Levelling Up: Housing and Communities - Trauma-informed approaches to supporting people experiencing multiple disadvantage - A Rapid Evidence Assessment

Further Training
Trauma Informed Derbyshire – 3 part online video learning programme (further information to follow from Derbyshire Mind)
NHS Learning Hub - Free training available (Open to all)
The Tavistock and Portman NHS Foundation Trust
1. Trauma-informed care: using trauma awareness to enhance everyday practice (CPD31)
2. Trauma, self-care and caring for others (DAA005)

Learning about Trauma and ACEs – Useful Websites
The Scottish Government have produced a wealth of free access resources. Gateway page to all ACEs and Trauma work.
National Child Traumatic Stress Network
Substance Abuse and Mental Health Services Administration (SAMSHA) Concept of Trauma and Guidance for a Trauma-Informed Approach.
Young Minds
UK Trauma Council

Useful Short Videos
NHS Scotland – Opening Doors: Trauma Informed Practice for the Workforce on Vimeo
Sowing Seeds: Trauma Informed Practice for Anyone Working with Children and Young People on Vimeo
NSPCC - Building Resilience Tipping the Scales NSPCC - YouTube
Bessel van der Kolk – Three ways trauma can change the brain
Harmful behaviours that are trauma responses
What is trauma?