Lesson 1
1. Understanding the Impact of Trauma. 
   http://gucchdtacenter.georgetown.edu/TraumaInformedCare/issueBrief1_UnderstandingImpactTrauma.pdf
   https://yogainternational.com/article/view/regulate-your-breath
6. San Diego Youth Services embraces a trauma-informed approach; kids do better, staff stay longer, programs more effective. Here is the link: http://achestoohigh.com/2014/12/14/san-diego-youth-services-embraces-a-trauma-informed-approach-kids-do-better-staff-stay-longer-programs-more-effective/#more-3709

Lesson 2
6. Time to Breathe by Aimee Milliken - Article
7. 4 Breathing Exercises for Kids - https://youtu.be/OaVB7j4BInY

Lesson 3
2. Beyond the Cliff - TED Talk by Laura van Dernoot Lipsky - https://youtu.be/uOzDGrcvmus
4. Professional Self Care and Social Work. NASW Social Work Speaks

Lesson 4
1. Heavy Childhood Trauma Ups Risk of Child/Teen Suicide 51X; So How Does A Community Prevent It? http://achestoohigh.com/2013/01/22/heavy-
4. Witness to Suffering: Mindfulness and Compassion Fatigue Among Traumatic Bereavement Volunteers and Professionals Article
5. Secondary Trauma Video - https://vimeo.com/100922533

Lesson 5
1. Pediatricians Screen Parents for ACE’s to Improve Health of Babies: http://acestoohigh.com/2015/08/03/pediatricians-screen-parents-for-aces-to-improve-health-of-babies/#more-4510
2. How Childhood Trauma Affects Health Across A Lifetime, TED TALK by Nadine Burke Harris: http://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime?embed=true
3. Understanding Adverse Childhood Experiences: Building Self-Healing Communities – ACES Interface Summary
6. 5 Steps To Make Affirmations Work For You - https://www.psychologytoday.com/blog/the-wise-open-mind/201108/5-steps-make-affirmations-work-you

Lesson 6
2. Epigenetics Video: http://www.pbs.org/wgbh/nova/body/epigenetics.html

Lesson 7
3. Embodiment of Historical Trauma and Micro-aggression Distress Video by Katrina Walters - https://youtu.be/WzPNWTD56s8
5. Using Culture To heal - http://www.paherald.sk.ca/News/Local/2015-03-19/article-4082070/Using-culture-to-heal/1
6. Dr. Peter Levine on Treatment of Trauma in Different Cultures - https://youtu.be/BR6m7FL1Dko

Lesson 8
1. Conversations About Historical Trauma, Part One: http://psychiatry.unm.edu/news/2013/05/NCTSN.pdf
2. Boarding School: Historical Trauma Among Alaska’s Native People Article – National Resource Center for American Indian, Alaska Native, and Native Hawaiian Elders at UAA.

Lesson 9
1. Leaning into Conversations about Race and Trauma: http://www.acesconnection.com/g/philadelphia-aces-connection/blog/leaning-into-conversations-about-race-and-trauma
2. Importance of Culture Video - https://vimeo.com/100521857
5. Yoga For Your Students – By Nanette Tummers – Strategies: A Journal for Physical and Sport Educators, 19:2


Lesson 10


4. Culture and Trauma - http://www.nctsn.org/nctsn_assets/pdfs/Culture_Trauma_InfoBrief_FINAL.pdf


Lesson 11


2. The Psychological Impacts of Climate Change Webinar: https://vimeo.com/99766781


4. A. America’s First Climate Refugees: http://www.theguardian.com/environment/interactive/2013/may/13/newtok-alaska-climate-change-refugees (watch short video on this page as well)


Lesson 12
8. The Game That Can Give You 10 Extra Years of Life - https://www.ted.com/talks/jane_mcgonigal_the_game_that_can_give_you_10_extra_years_of_life

Lesson 13

Lesson 14
4. Going Beyond Trauma Informed Care for Child Welfare Supervisors and Frontline Workers: The Need For System Wide Policy Changes Implementing TIC Practices In All Child Welfare Agencies -
http://soar.wichita.edu/bitstream/handle/10057/11285/AGv1(3-4)Heffernan_Vigianni_2015.pdf?sequence=1

5. Starting Points for Spiritually Sensitive Mental Health Practice and Assessment by Dr. Edward Canda -
http://data.socwel.ku.edu/users/canda/Articles/academic%20Articles.htm

6. The Power of Connection to Heal Trauma -
http://kripalu.org/blog/thrive/2014/09/30/the-power-of-connection-to-heal-trauma/

Lesson 15


3. Laura Porter on ACE’s – 2013 Community Summit -
https://youtu.be/3knbodzKtj0