

SWK 390 Trauma-Wellness: Historical and Contemporary Perspectives
Reading/Video List-May change from semester to semester.

Lesson 1

1. Understanding the Impact of Trauma.
http://gucchdtacenter.georgetown.edu/TraumaInformedCare/issueBrief1_UnderstandingImpactTrauma.pdf
2. Understanding the Impact of Trauma Video. <https://vimeo.com/103538479>
3. The Guest House. A poem by Rumi. Video: https://youtu.be/13_xnLcT4ZA;
Poem: <http://www.elise.com/quotes/rumi-guest-house>
4. Regulate Your Breath, 2013, Yoga International.
<https://yogainternational.com/article/view/regulate-your-breath>
5. Just Breathe Video. <http://acestoohigh.com/2015/05/25/just-breathe-the-kids-in-this-video-explain-how-to-calm-your-brain/>
6. San Diego Youth Services embraces a trauma-informed approach; kids do better, staff stay longer, programs more effective. Here is the link: <http://acestoohigh.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

1. Moving from Colonization to Balance and Harmony: A Native American Perspective on Wellness. By Hodge, Limb & Cross (2009). National Association of Social Workers.
2. Can School Heal Children in Pain? <http://acestoohigh.com/2015/06/03/can-school-heal-children-in-pain/#more-4293>
3. Video: First Impressions: Exposure to Violence and A Child's Developing Brain. <https://youtu.be/brVOYtNMmKk>
4. Allison's Poem - <https://vimeo.com/105590592>
5. A Simple Breathing Exercise to Calm Your Mind and Body - <http://www.mindbodygreen.com/0-4386/A-Simple-Breathing-Exercise-to-Calm-Your-Mind-Body.html>
6. Time to Breathe by Aimee Milliken - Article
7. 4 Breathing Exercises for Kids - <https://youtu.be/OaVB7j4BInY>

Lesson 3

1. Mindfulness Protects Adults From Physical, Mental Health Consequences of Childhood Abuse, Neglect: <http://acestoohigh.com/2014/09/15/mindfulness-protects-adults-from-physical-mental-health-consequences-of-childhood-abuse-neglect/#more-3398>
2. Beyond the Cliff - TED Talk by Laura van Dernoot Lipsky - <https://youtu.be/uOzDGrcvmus>
3. Mindfulness in Social Work Practice by Dr. Betty Kramer (1 hour video). <https://youtu.be/tOg4wYFMzPc>
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://acestoohigh.com/2013/01/22/heavy->

[childhood-trauma-ups-risk-of-childteen-suicide-51x-so-how-does-a-community-prevent-it/#more-1861](#)

2. Meditation 2.0: A New Way to Meditate ARTICLE:
<http://stressfree.org/wp-content/uploads/2015/02/Meditation-2.0.pdf>
3. Meditation 2.0: A New Way to Meditate VIDEO:
<https://youtu.be/WZ64ch2hLhI>
4. Witness to Suffering: Mindfulness and Compassion Fatigue Among Traumatic Bereavement Volunteers and Professionals Article
5. Secondary Trauma Video - <https://vimeo.com/100922533>
6. Mindfulness Meditation Taster with Jon Kabat-Zinn -
<https://youtu.be/D5Fa50oj45s>
7. Mindfulness Meditation - 10 Minute Guided Imagery -
https://youtu.be/6p_yaNFSYao

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
4. Neurobiological Underpinnings for Trauma-Informed Care: A Primer:
<http://www.pathwaysrtc.pdx.edu/pdf/fpS1503.pdf>
5. Using Affirmations: Harnessing Positive Thinking -
https://classes.uaf.edu/bbcswebdav/pid-2247838-dt-content-rid-6136372_1/courses/SWK_F484_F71_201502/Using%20Affirmations%20-%20Stress%20Management%20from%20MindTools.com.pdf
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>
7. The Power of Addiction and the Addiction of Power - Ted Talk -
<https://youtu.be/66cYcSak6nE>
8. Megacognition Video - <https://youtu.be/viW5yZIGt2c>
9. The Power of Metacognition - <https://youtu.be/EP54807q9Fc>
10. Rethink Your Thoughts About Thinking Article -
<http://www.scientificamerican.com/article/rethink-your-thoughts-about-thinking/>

Lesson 6

1. Juvenile Jail Adopting ACE and Trauma Informed Practices.
<http://acestoohigh.com/2015/03/29/juvenile-jails-adopting-ace-and-trauma-informed-practices/>
2. Epigenetics Video: <http://www.pbs.org/wgbh/nova/body/epigenetics.html>
3. Social Work and Adverse Childhood Experiences Research: Implications for Practice and Health Policy: Social Work in Public Health 2014. 29:1-16.
4. Child Abuse Affects Genes: <http://acestoohigh.com/2009/10/27/child-abuse-affects-genes/>

5. Maximizing the Power of Your Brain – Tony Buzan Mind Mapping Video – 5 min - <https://youtu.be/MlabrWv25qQ>
6. What is Mind Mapping? <https://litemind.com/what-is-mind-mapping/>

Lesson 7

1. Historical Trauma and Microaggressions: A Framework for Culturally-Based Practice: <http://www.extension.umn.edu/family/cyfc/our-programs/ereview/docs/cmhereviewOct10.pdf>
2. Historical Trauma in American Indian/Native Alaskan Communities: A Multilevel Framework for Exploring Impacts on Individuals, Families and Communities By Teresa Evans Campbell. 2008. Journal of Interpersonal Violence. No. 23: 316
3. Embodiment of Historical Trauma and Micro-aggression Distress Video by Katrina Walters - <https://youtu.be/WzPNWTD56S8>
4. Brene Brown TED Talk- Listening to Shame - http://www.ted.com/talks/brene_brown_listening_to_shame#t-357405
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.
3. Bodies Don't Just Tell Stories, They Tell Histories. Walters, et, al. Du Bois Review, 8:1 (2011)
4. The Silence Video - <http://www.pbs.org/wgbh/pages/frontline/the-silence/>
5. Cultural Humility, Part I – What is Cultural Humility? Article - <http://thesocialworkpractitioner.com/2013/08/19/cultural-humility-part-i-what-is-cultural-humility/>
6. Cultural Humility Video - <https://youtu.be/SaSHLbS1V4w>

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>
3. 30 Second Ad on Child's Play - <http://www.acesconnection.com/blog/child-s-play-alberta-family-wellness-initiative-video>
4. Play Is More Than Just Fun - http://www.ted.com/talks/stuart_brown_says_play_is_more_than_fun_it_s_vital?language=en
5. Yoga For Your Students – By Nanette Tummers – Strategies: A Journal for Physical and Sport Educators, 19:2
6. Ideas for Playing - <http://tinybuddha.com/blog/10-ways-to-make-your-life-more-playful/>

7. Application of Yoga in Residential Treatment of Traumatized Youth, by Spinazzola, Rhodes, Emerson, Early and Monroe. Journal of American Psychiatric Nurses Association (2011) 17:6.
8. Historical Trauma, Race-based Trauma and Resilience of Indigenous Peoples: A Literature Review by Elizabeth Fast and Delphine Collin-Vezina. First Peoples Child & Family Review, Vo 5, No 1 (2010)
9. Why It's Important to Think About Privilege – And Why It's Hard - <https://www.globalcitizen.org/en/content/why-its-important-to-think-about-privilege-and-why/>

Lesson 10

1. Attachment Theory Through A Cultural Lens: <http://acestoohigh.com/2013/11/19/attachment-theory-through-a-cultural-lens/>
2. Trauma Among Lesbian, Gay, Bisexual, Transgender, or Questioning Youth. http://www.nctsn.org/nctsn_assets/pdfs/culture_and_trauma_brief_LGBTQ_youth.pdf
3. Working Effectively with Military Families - http://www.nctsn.org/sites/default/files/assets/pdfs/military_families_10keyconcepts.pdf
4. Culture and Trauma - [http://www.nctsn.org/nctsn_assets/pdfs/Culture Trauma InfoBrief FINAL.pdf](http://www.nctsn.org/nctsn_assets/pdfs/Culture_Trauma_InfoBrief_FINAL.pdf)
5. Shelter from the Storm: Trauma-Informed Care in Homelessness Services Settings by Hopper, Bassuk and Oliver (2010). The Open Health Services and Policy Journal, 2010, 3, 80-100.
6. Why is Sleep Important. <http://www.nhlbi.nih.gov/health/health-topics/topics/sdd/why#>

Lesson 11

1. What's missing in climate change discussion? The certainty of trauma...and building resilience: <http://acestoohigh.com/2014/07/14/whats-missing-in-climate-change-discussion-the-certainty-of-trauma-and-building-resilience/#more-3278>
2. The Psychological Impacts of Climate Change Webinar: <https://vimeo.com/99766781>
3. Poem/ Video Postcard by Doreen Simmonds: <http://postcardsfromclimatechange.org/portfolio/postcard-north-slope/>
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)
5. An Undeniable Truth: <http://www.theguardian.com/environment/interactive/2013/may/14/alaska-politics-climate-change-sarah-palin> (watch video)
6. It's Happening Now...The Village Is Sinking: <http://www.theguardian.com/environment/interactive/2013/may/15/newtok-safer-ground-villagers-nervous> (watch video).

7. Environmentalism and Social Work: The Ultimate Social Justice Issue - <http://www.socialworktoday.com/archive/092011p20.shtml>
8. The Power of Nature: Ecotherapy and Awakening - <https://www.psychologytoday.com/blog/out-the-darkness/201204/the-power-nature-ecotherapy-and-awakening>
9. What is Ecotherapy? <http://www.ecotherapyheals.com/whatisecotherapy.html>

Lesson 12

1. Foster Human Flourishing, and Improved Economic Production Will Follow: <http://acestoohigh.com/2013/10/14/foster-human-flourishing-and-improved-economic-production-will-follow/#more-2720>
2. Why Aren't We More Compassionate. Daniel Goleman - http://www.ted.com/talks/daniel_goleman_on_compassion#t-187200
3. Altruism, Happiness & Health – It's Good to Be Good By Stephen Post. International Journal of Behavioral Medicine (2005), Vol. 12, No. 2.
4. Kindness Ideas - <https://www.randomactsofkindness.org/kindness-ideas>
5. Self-Compassion and Health by M. Terry & M. Leary. Self and Identity (2011). 10 (3).
6. Recognizing Resilience: Learning From the Effects of Stress on the Brain- by McEwen, Gray & Nasca. Neurobiology of Stress 1 (2015)
7. The Science of Post-Traumatic Growth - <http://www.livehappy.com/science/positive-psychology/science-post-traumatic-growth>
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

1. Alaska teen loses boyfriend to suicide, founds Hope4Alaska for year-long mission to save 100 people from suicide: <http://acestoohigh.com/2012/07/26/alaska-teen-loses-boyfriend-to-suicide-founds-hope4alaska/#more-1350>
2. The Importance of Optimism in Maintaining Healthy Aging in Rural Alaska. (2013). Jordan P. Lewis. Qualitative Health Research, 23 (11).
3. Removed Video Part I (12:47 min) & Removed Video Part II (22:46 min) - <http://removedfilm.com/pages/watch>
4. Music to Heal the Mind, Heart and Body - <http://www.goodtherapy.org/blog/music-healing-benefits-listening-0129135>
5. Perry: Rhythm Regulates the Brain - <http://attachmentdisorderhealing.com/developmental-trauma-3/>

Lesson 14

1. Report Helps Police Protect Kids While Arresting Parents: <http://acestoohigh.com/2015/07/29/report-helps-police-protect-kids-while-arresting-their-parents/#more-4506>
2. The Paradox of Trauma Informed Care – Ted Talk - <https://youtu.be/jFdn9479U3s>
3. Awareness of Trauma Informed Care – Social Work Today - http://www.socialworktoday.com/archive/exc_012014.shtml

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](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 Assesment 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

1. **State, Federal Lawmakers Take Action on Trauma-Informed Policies, Programs:** <http://acestoohigh.com/2014/04/30/state-federal-lawmakers-take-action/#more-3148>
2. **Trauma Informed Social Work Practice: Practice Considerations and Challenges (2014) Journal of Clinical Social Work, 43:25-37**
3. **Laura Porter on ACE's - 2013 Community Summit -**
<https://youtu.be/3knbodzKtj0>