

Resources for Trauma 101

The New York State Trauma Champions Collaborative (TCC), comprised of champions from fourteen state agencies, was convened in 2019 to begin building statewide capacity and structures that support state and local government and professional agencies in integrating a trauma-informed approach into all aspects of their work. The TCC has compiled the following resources to support organizational work to build a foundational understanding about trauma.

	Title	Brief Description
<u>Books</u>	Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others	This book, written by Laura van Dernoot Lipsky with Connie Burk, explores trauma, secondary trauma and the responsibility to care and to nurture our capacity to help others.
	Trauma and Recovery: The Aftermath of Violence--from Domestic Abuse to Political Terror	When Trauma and Recovery was first published in 1992, it was hailed as a groundbreaking work. In the intervening years, Dr. Judith Herman's volume provides a framework for how we think about traumatic events and develop healing relationships with trauma victims.
<u>PDF</u>	What is Child Trauma?	The National Child Traumatic Stress Network provides a number of downloadables that cover: definition of child trauma, trauma types and populations at risk.
<u>Ted Talk</u>	How Childhood Trauma Affects Health Across a Lifetime	Dr. Nadine Burke Harris' TED talk focuses on the significance of the Adverse Childhood Experiences study (ACES) and the correlation between ACE scorers and the impact of childhood trauma on your health. Dr. Harris emphasizes the importance of training doctors in routine screening and treatment of childhood trauma.
<u>Training</u>	Risking Connection	Risking Connection® teaches a relational framework and skills for working with survivors of traumatic experiences. The focus is on relationship as healing, and on self-care for service providers.

Title

Brief Description

Training

[Community Technical Assistance Center \(CTAC\)](#)

CTAC provides a number of trainings around trauma, trauma-informed care and trauma-informed organizations which can be found by doing a search for Trauma-Informed Care. Primarily for behavioral health clinicians, also includes trainings on working with SUD, Survivors of DV, working with schools.

Video

[Helping Ease Childhood Trauma](#)

Dr. Bruce Perry, of the Child Trauma Academy talks with Oprah Winfrey about the impact of early childhood trauma and explains to Oprah that overcoming trauma comes down to relationships.

Website

[International Society for Traumatic Stress Studies](#)

An organization bringing together clinicians and researchers from around the world to advocate for the field of traumatic stress. Their website provides a number of resources for professionals and survivors.