

Resources which may be helpful to practitioners working with people affected by trauma and childhood adversity

E – Learning:

ACEs Introduction to Adverse Childhood Trauma <https://www.acesonlinelearning.com>

Recovery from mental health and trauma related issues
<https://www.recoverycollegeonline.co.uk/your-mental-health/>

Alberta Family Wellness Initiative – Brain Story Certification
<https://www.albertafamilywellness.org/training>

Scottish National Trauma Training Video Series <https://www.nes.scot.nhs.uk/education-and-training/by-discipline/psychology/multiprofessional-psychology/national-trauma-training-framework/scottish-national-trauma-training-video-series.aspx>

Living Well - Practitioners engaging and working with men who have been sexually abused in childhood
<https://learn.livingwell.org.au>

Videos:

Tyler’s Story – Spotting the signs of child sexual exploitation and abuse - The Children’s Society
<https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&cad=rja&uact=8&ved=2ahUKewj18pObh9LqAhUSrHEKHR1nBrsQwqsBMAF6BAGKEAQ&url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3Dgix6pM7WK3E&usg=AOvVaw3vVhwy9Wdp9VL aVABtJKej>

How Childhood Trauma affects health across the life course
www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare

NHS Scotland Adverse Childhood Experiences
https://www.youtube.com/watch?v=VMpli-4CZK0&feature=emb_logo

Barnardo’s Billy’s Story
https://www.youtube.com/watch?time_continue=85&v=rj3b8cSTYw4&feature=emb_logo

Public Health Wales ACEs Animation

<https://vimeo.com/189604325>

Survivor perspectives:

Seth Shelley – Men need to talk about their sexual abuse

<https://www.youtube.com/watch?v=r4Clp1zIVM>

Healing From Sexual Abuse Can Start With One Word – Rena Romano

<https://www.youtube.com/watch?v=rQ4RoldUzHc>

Useful Networks/ Sites

Aces Connection

<https://www.acesconnection.com/>

Centre on the Developing Child Harvard University

<https://developingchild.harvard.edu/resources/aces-and-toxic-stress-frequently-asked-questions/>

Trauma Sensitive Schools

<https://traumasensitiveschools.org/>

Childhood Trauma Recovery Network

<https://www.traumarecoverynetworkuk.org/>

Warren Larkin Associates:

<https://warrenlarkinassociates.co.uk>

ACEs online forums:

<https://www.adversechildhoodexperiences.co.uk/aces-forums>

ACE Aware Scotland

<http://aceawarescotland.com/vision>

Trauma Self-Help:

Coping with Coronavirus Today

<https://copingwithcoronavirus.co.uk>

Caring for yourself after sexual violence:

<https://www.victimfocus.org.uk/free-caring-for-yourself-after-sexual-violence>

PTSD and Complex PTSD self-help guide

Work through a self-help guide for PTSD and Complex PTSD based on Trauma-Focused Cognitive Therapy (TF-CT).

<https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/ptsd-and-cptsd-self-help-guide>

Books

Opening up by writing it down, Pennebaker & Smyth

<https://www.guilford.com/books/Opening-Up-by-Writing-It-Down/Pennebaker-Smyth/9781462524921>

When the body says no, Gabor Mate <https://drgabormate.com/book/when-the-body-says-no/>

In the realm of hungry ghosts by Gabor Mate <https://drgabormate.com/book/in-the-realm-of-hungry-ghosts/>

Childhood Disrupted by Donna Nakazawa Jackson

<https://donna.jacksonnakazawa.com/childhood-disrupted/>

The Deepest Well by Nadine Burke Harris <https://www.panmacmillan.com/authors/dr-nadine-burke-harris/the-deepest-well/9781509823963>

Traumatic Stress: The Effects of Overwhelming Experience on Mind, Body, and body:

<https://www.guilford.com/books/Traumatic-Stress/Kolk-McFarlane-Weisaeth/9781572304574>

Trauma and Psychosis: New Directions for Theory and Therapy:

<https://www.routledge.com/Trauma-and-Psychosis-New-Directions-for-Theory-and-Therapy/Larkin-Morrison/p/book/9781138871892>

Victims No Longer (Second Edition): The Classic Guide for Men Recovering from Sexual Child Abuse

<https://www.harpercollins.com/search?q=%22victims-no-longer-second-edition%2F>

Breaking Free: Help For Survivors Of Child Sexual Abuse:

https://www.amazon.co.uk/Breaking-Free-Survivors-Child-Sexual/dp/1847094651/ref=sr_1_1?dchild=1&qid=1589899526&refinements=p_27%3AKay+Toon&s=books&sr=1-1&text=Kay+Toon

Scattered Minds: The Origins and Healing of Attention Deficit Disorder:

<https://drgabormate.com/book/scattered-minds/>

Useful links

Mind

<https://www.mind.org.uk/>

Barnados

<https://www.barnados.org.uk/>

Young Minds

<https://youngminds.org.uk/>

Mind Ed

<https://www.minded.org.uk/>

PTSD UK

<https://www.ptsduk.org/>

Papyrus

<https://papyrus-uk.org/>

Our Time

<https://ourtime.org.uk/>

Victim Support

<https://www.victimsupport.org.uk/>

Samaritans

<https://www.samaritans.org/>

Xenzone

<https://xenzone.com>

Big White Wall

<https://www.bigwhitewall.com/>

Alcohol Change UK

<https://alcoholchange.org.uk/about-us>

Frank

<https://www.talktofrank.com/get-help/find-support-near-you>

Alcoholics Anonymous

<https://www.alcoholics-anonymous.org.uk/>

Prison Reform Trust

<http://www.prisonreformtrust.org.uk/ForPrisonersFamilies/Whocanhelp>

Rape Crisis E&W:

<https://rapecrisis.org.uk>

Male Survivor Partnership (MSP):

<https://www.malesurvivor.co.uk>

The Survivors Trust (TST):

<https://www.thesurvivorstrust.org>

Women's Aid

www.womensaid.org.uk

Mankind:

www.mankind.org.uk

Respect:

www.respect.uk.net

NSPCC

www.nspcc.org.uk

Children's Society:

www.childrenssociety.org.uk

Disclaimer: *These resources are freely available online, are intended to be suggestions only and are not intended to replace professional judgement. They may not be appropriate for all staff or service users. Warren Larkin Associates Ltd accepts no liability associated with the use of these resources by any staff or service users. [This document was created at the request of Implementation Leads taking part in the Nottinghamshire REACH programme in March 2021 and is not intended for wider distribution.]*