

Trauma Informed Resources:

Board Favorites

Meagan Corrado, DSW, LCSW, MSS

Q: When looking for a trauma-informed resource, I believe that it is important to consider:

A: if the resource is written in accessible language, adopts a strengths-based perspective, and reflects an understanding of culture/diversity.

List of Favorite Resources

- storiezguide.com
- Storiez: A Guide for Therapists (Corrado)
- Storiez: A Do It Yourself Guide (Corrado)
- Storiez: A Feelingz Guide (Corrado)
- Storiez: A Group Treatment Guide (Corrado)
- It's Not You, It's What Happened To You (Courtois)
- Healing the Fragmented Selves of Trauma Survivors (Fisher)
- <https://www.youtube.com/watch?v=AJVpNk-0H8g&t=31s>
- <http://www.sanctuaryweb.com>
- www.safekidsstories.com
- www.nctsn.org
- Playing and Reality (Winnicott)
- Autobiography in Five Short Chapters (Nelson)
- Help for the Helper (Rothschild)
- The Anti-Group (Nitsun)



Stephanie Covington, PHD, LCSW

Q: When looking for a trauma-informed resource, I believe that it is important to consider:

A: Is it theoretically sound and effective? Is it user friendly for both staff and people served?

List of Favorite Resources

- Beyond Trauma: A Healing Journey for Women (Covington)
- Exploring Trauma: A Brief Intervention for Men (Covington)
- Moving from Trauma Informed to Trauma Responsive: A Training Program for Organizational Change (Covington & Bloom)
- Beyond Trauma: A Healing Journey for Women (Covington)
- Exploring Trauma: A Brief Intervention for Men (Covington)
- Moving from Trauma Informed to Trauma Responsive: A Training Program for Organizational Change (Covington)
- Healing Trauma: A Brief Intervention for Women (Covington)
- Helping Women Recover: A Program for Treating Addiction (Covington)
- Helping Men Recover: A Program for Treating Addiction (Covington)
- Voices: A Program of Self-Discovery and Empowerment for Girls (Covington)
- A Young Man's Guide to Self-Mastery (Rodriguez & Covington)
- Beyond Violence: A Prevention Program for Justice-Involved Women (Covington)
- Beyond Anger and Violence: A Program for Women (Covington)



Mandy Davis, PHD, LCSW, MSW

Q: When looking for a trauma-informed resource, I believe that it is important to consider:

A: If it is relevant to the audience intended, if it addresses the need for flexibility, addresses organizational and systemic change as the core component, and represent the people's voice and expertise in healing.

List of Favorite Resources

- https://www.cswe.org/getattachment/Education-Resources/2015-Curricular-Guides/2015EPAS_TraumaInformedSW_Final-WEB.pdf?_zs=m4Mte1&_zl=fWR75

<https://traumainformedoregon.org/tic-intro-training-modules/>

- Hardy, K.V. (2013). Healing the hidden wounds of racial trauma. Reclaiming children and youth. Spring 22(1). - Ford, J.D, & Blaustein, M.E. (2013) Systemic Self-Regulation: A Framework for Trauma-Informed Services in Residential Juvenile Justice Programs.

- Davis, R., Pinderhughes, H. & Williams, M. (2016). Adverse Community Experiences and Resilience: A Framework for Addressing and Preventing Community Trauma. Prevention Institute, Oakland, CA. - Bethell, C. D., Simpson, L. A., & Solloway, M. R. (2017). Child Well-Being and Adverse Childhood Experiences in the United States. Academic Pediatrics, 17, S1-S3 - Urban Institute. (2014). Best and Promising Practices: Trauma Informed Community Building - A Model for Strengthening Communities in Trauma Affected Neighborhoods.





Leslie Lieberman, MSW

Q: When looking for a trauma-informed resource, I believe that it is important to consider:

A: The source, the audience and the impact.

List of Favorite Resources

- <https://www.acesconnection.com>
- [Child Parent Psychotherapy](#) as a treatment model
- <https://developingchild.harvard.edu/>



Robert Reed, BA, MSC, JD

Q: When looking for a trauma-informed resource, I believe that it is important to consider:

A: The source.

List of Favorite Resources

- [ACES Connections](#)
- [Harvard's Developing Child](#)
- Anything written, spoken, and dreamed about by Sandy Bloom



Darby Penney, MLS

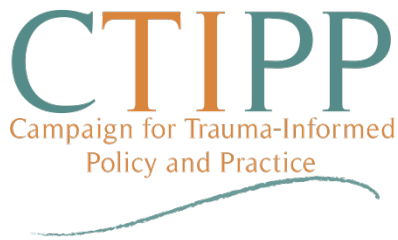
Q: When looking for a trauma-informed resource, I believe that it is important to consider:

A: Whether the resource addresses trauma-informed approaches as a non-medical explanation for what have traditionally been considered "mental illnesses." Any resource that uses medical model language or uses psychiatric diagnoses as if they are legitimate should be avoided.

List of Favorite Resources

- <https://www.nctsn.org/resources/samhsas-concept-of-trauma-and-guidance-for-a-trauma-informed-approach>
- <https://www.nasmhpd.org/content/engaging-women-trauma-informed-peer-support-guidebook>
- <https://ssir.org/articles/entry/a-trauma-lens-for-systems-change>





Diane Wagenhals, M.Ed.

Q: When looking for a trauma-informed resource, I believe that it is important to consider:

A: It is important to consider the credentials of the people you are using as a resource and whether what they are reporting is more of an opinion versus research-based information. Does the information resonate with what other professionals are saying? It is important to be a careful consumer and critical thinker with regard to resources you use to gain greater clarity about the nature of trauma and its impact whenever exploring ways to effectively respond to situations in which trauma is or may be a factor.

List of Favorite Resources

- <https://childtrauma.ucsf.edu/covid-19-resources>
- <https://www.traumapages.com>
- <https://lakesidelink.com/blog/>

