

## ACE/Trauma/Healing Resources

### ARTICLES

**Anonymous.** Dear Doctor. *The Permanente Journal*. Winter 2002. Volume 6 No. 1.

<http://www.thepermanentejournal.org/files/Winter2002/deardoc.pdf>

**Agorastos A, Pervanidou P, Chrousos G et al.** Developmental Trajectories of Early Life Stress and Trauma: A Narrative Review on Neurobiological Aspects Beyond Stress System Dysregulation. *Front. Psychiatry*, 11 March 2019

<https://www.frontiersin.org/articles/10.3389/fpsy.2019.00118/full> **REVIEW**

**Bethell C, Jones J, Gombojav N, Linkenbach J, Sege R.** Positive Childhood Experiences and Adult Mental and Relational Health in a Statewide Sample: Associations Across Adverse Childhood Experiences Levels [published online ahead of print, 2019 Sep 9] [published correction appears in *JAMA Pediatr*. 2019 Sep 30;]. *JAMA Pediatr*. 2019;173(11):e193007. doi:10.1001/jamapediatrics.2019.3007

**Furman D, Campisi J, Verdin E et al.** Chronic inflammation in the etiology of disease across the life span. *Nat Med* 25, 1822–1832 (2019). <https://doi.org/10.1038/s41591-019-0675-0>

**Halfon N, Larson K, Lu M, Tullis E, Russ S.** Lifecourse health development: past, present and future. *Matern Child Health J*. 2014;18(2):344–365. doi:10.1007/s10995-013-1346-2 **OPEN ACCESS REVIEW**

**Jackson Nakazawa** *Childhood Trauma Leads to Illness—Why isn't the Medical Community Helping Patients?* [ACEs Too High Nakazawa](#)

**Leitch L.** Action steps using ACEs and trauma-informed care: a resilience model. *Health Justice*. 2017;5(1):5. doi:10.1186/s40352-017-0050-5 **OPEN ACCESS**

**Lewis-O'Connor A et al.** The state of the science on trauma inquiry. *Womens Health (Lond)*. 2019; 15:1745506519861234. doi:10.1177/1745506519861234

**Maunder RG, Peladeau N, Savage D et al.** The prevalence of childhood adversity among healthcare workers and its relationship to adult life events, distress and impairment. *Child Abuse and Neglect*. Volume 34, Issue 2, February 2010, Pages 114-123. <https://doi.org/10.1016/j.chiabu.2009.04.008>

**Stillerman A.** Childhood Adversity and Lifelong Health: from Research to Action. *J Fam Pract*. 2018. Nov;67(11):690-699. <https://www.ncbi.nlm.nih.gov/pubmed/30481245> **OPEN ACCESS REVIEW**

**Suglia S et al.** Childhood and Adolescent Adversity and Cardiometabolic Outcomes: A Scientific Statement from the American Heart Association. *Circulation*. 2017. Jan 30;137(5):e15-e28. [AHA Scientific Statement](#)

**Tawakol A, Ishai A, Takx RA, et al.** Relation between resting amygdalar activity and cardiovascular events: a longitudinal and cohort study. *The Lancet*. 2017;389(10071):834-845. doi:10.1016/s0140-6736(16)31714-7 **OPEN ACCESS**

### SELF-REGULATION TOOLS

**Bal A Vis X Balance Auditory Visual Exercises** <http://www.bal-a-vis-x.com/>

**Community Resiliency Model** <https://www.traumaresourceinstitute.com/crm/>

**Emerson D.** *Creating Rhythms*. <https://www.youtube.com/watch?v=xsPjWMkh9YQ>

Headspace [www.headspace.com](http://www.headspace.com)

Hiebert M, Platt J, Schpok K, Whitesel J. *Doodles, Dances & Ditties: a Trauma-Informed Somatosensory Handbook*. Denver, CO: Mount Saint Vincent Home; 2013. <https://www.goodreads.com/book/show/25034813-doodles-dances-ditties>

## VIDEOS

Alberta Family Wellness. *How Brains Are Built* 5 minute cartoon  
<http://www.albertafamilywellness.org/resources/video/how-brains-are-built-core-story-brain-development>

Rush P. *Getting to the Root of Chronic Disease*. 5 minutes <https://www.youtube.com/watch?v=ZYvjBggQS6c>

Sonu S. *The Science of Adversity and the Case for Systemic Empathy* 10 minutes [Sonu TEDx](https://www.youtube.com/watch?v=ZyvjBggQS6c)

Van Dernoot Lipsky L. *Beyond the Cliff*. Secondary trauma in the context of systemic oppression and liberation theory.  
<https://www.youtube.com/watch?v=uOzDGrcvmus>

Williams DR. *How Racism Makes Us Sick*. 17 minutes.  
[https://www.ted.com/talks/david\\_r\\_williams\\_how\\_racism\\_makes\\_us\\_sick](https://www.ted.com/talks/david_r_williams_how_racism_makes_us_sick)

## TRAUMA-INFORMED/HEALING-CENTERED PRINT AND WEBINAR RESOURCES

Illinois ACEs Response Collaborative. *Health Policy Brief*. <http://www.hmprg.org/wp-content/themes/HMPRG/backup/ACEs/Health%20Policy%20Brief.pdf>

Illinois ACEs Response Collaborative. Webinar Archive. <http://www.hmprg.org/programs/illinois-aces-response-collaborative/webinar-archive/>

Perry B. *The Boy Who was Raised as a Dog and Other Stories from a Child Psychiatrists Notebook, Second Edition*.  
[https://www.goodreads.com/book/show/129909.The\\_Boy\\_Who\\_Was\\_Raised\\_as\\_a\\_Dog](https://www.goodreads.com/book/show/129909.The_Boy_Who_Was_Raised_as_a_Dog)

Van der Kolk B. *The Body Keeps the Score...* <https://www.goodreads.com/book/show/18693771-the-body-keeps-the-score>

Karr Morse R, Wiley M. *Scared Sick...* <https://www.goodreads.com/book/show/12937524-scared-sick>

Oregon. Identifying and Treating Trauma: Cross Sector Collaboration <http://www.nasmhpd.org/content/trauma-history-and-extensive-service-use-strategies-treatment-and-prevention>

Stewart, A. Yoga as Self-care for Health Care Practitioners [Yoga as Self Care Review](https://www.yogajournal.com/health-care/yoga-as-self-care-for-health-care-practitioners/)

## WEBSITES

ACEs Too High [www.acestoohigh.com](http://www.acestoohigh.com)

ACEs Connection [www.acesconnection.com](http://www.acesconnection.com)

Center for Collaborative Study of Trauma Health Equity and Neurobiology (THEN) [www.thencenter.org](http://www.thencenter.org)

CDC Violence Prevention <https://www.cdc.gov/violenceprevention/childabuseandneglect/cestudy/aboutace.html>

Neurosequential Network <https://www.neurosequential.com/>