ARTICLES


Jackson Nakazawa *Childhood Trauma Leads to Illness*—Why isn’t the Medical Community Helping Patients? [ACEs Too High Nakazawa](https://www.bal-a-vis-x.com/)


SELF-REGULATION TOOLS
Bal A Vis X *Balance Auditory Visual Exercises* [http://www.bal-a-vis-x.com/](http://www.bal-a-vis-x.com/)

Community Resiliency Model [https://www.traumaresourceinstitute.com/crm/](https://www.traumaresourceinstitute.com/crm/)

Emerson D. *Creating Rhythms*. [https://www.youtube.com/watch?v=xSPjWMkh9YQ](https://www.youtube.com/watch?v=xSPjWMkh9YQ)
VIDEOS

Alberta Family Wellness. How Brains Are Built 5 minute cartoon

Rush P. Getting to the Root of Chronic Disease. 5 minutes https://www.youtube.com/watch?v=ZYvJbjgQS6c

Sonu S. The Science of Adversity and the Case for Systemic Empathy 10 minutes Sonu TEDx

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

Williams DR. How Racism Makes Us Sick. 17 minutes. https://www.ted.com/talks/david_r_williams_how_racism_makes_us_sick

TRAUMA-INFORMED/HEALING-CENTERED PRINT AND WEBINAR RESOURCES


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


Stewart, A. Yoga as Self-care for Health Care Practitioners Yoga as Self Care Review

WEBSITES

ACEs Too High www.acestoohigh.com

ACEs Connection www.acesconnection.com

Center for Collaborative Study of Trauma Health Equity and Neurobiology (THEN) www.thencenter.org

CDC Violence Prevention https://www.cdc.gov/violenceprevention/childabuseandneglect/acetudy/aboutace.html

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