



Educational films and videos on Trauma

Last updated Oct 25.

1. The Repair of Early Trauma: A Bottom Up Approach

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

2. The window of tolerance animation

https://www.youtube.com/results?search_query=beacon+press+window+of+tolerance

3. Bruce Perry – ChildTrauma.org

<https://www.youtube.com/channel/UCf4ZUgIXyxRcUNLuhimA5mA>

4. Dr Bruce Perry - Early Brain Development: Reducing the Effects of Trauma

<https://www.youtube.com/watch?v=Hp6fZrzgiHg>

5. Dr Bruce Perry, Senior Fellow of The Child Trauma Academy

https://www.youtube.com/watch?v=FOCTxcaNHeg&list=PLxILd8_iAa506h_fLKZwLVbKykZu_neV

6. Six Core Strengths for Healthy Child Development: An Overview

<https://www.youtube.com/watch?v=skaYWK6iD4>

7. Dr. Dan Siegel's Hand Model of the Brain

<https://www.youtube.com/watch?v=f-m2YcdMdFw>

8. Bessel van der Kolk, M.D. on 3 Ways PTSD Affects Your Client's Brain

https://www.youtube.com/watch?v=DkjTUbWk_C8

9. The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma Bessel van der Kolk, M.D.

<https://www.youtube.com/watch?v=53RX2ESlqsM>

10. Dr. Stephen Porges on Face to Face Social Engagement

<https://www.youtube.com/watch?v=lxS3bv32-UY>



Useful Websites

- Child Trauma Academy - <https://childtrauma.org/>
- Australasian Society for Traumatic Stress Studies - <http://www.astss.org.au/trauma-focused-Journals>

Books

- The Body Keeps the Score: Mind, Brain and Body in the Transformation of Trauma Paperback – 24 Sep 2015
by [Bessel van der Kolk](#) (Author)
- Waking the Tiger: Healing Trauma - The Innate Capacity to Transform Overwhelming Experiences Paperback – 29 Sep 1997
by [Peter A. Levine](#) (Author)
- Trauma and Recovery: The Aftermath of Violence--from Domestic Abuse to Political Terror
by Judith Herman
- Trauma: From Lockerbie to 7/7: How trauma affects our minds and how we fight back -Jul-2015
by Professor Gordon Turnbull
- Healing Trauma: Attachment, Mind, Body and Brain (Norton Series on Interpersonal Neurobiology)
by [Siegel M.D.](#), [Daniel J.](#) and [Solomon Ph.D.](#), [Marion](#) | Mar 17, 2003
- The Pocket Guide to the Polyvagal Theory: The Transformative Power of Feeling Safe (Norton Series on Interpersonal Neurobiology) Paperback – 5 Sep 2017
- The Polyvagal Theory in Therapy: Engaging the Rhythm of Regulation (Norton Series on Interpersonal Neurobiology) Hardcover – 12 Jun 2018
by [Deborah A. Dana](#) (Author), [Stephen W. Porges](#) (Author)
- The Polyvagal Theory: Neurophysiological Foundations of Emotions, Attachment, Communication, and Self-Regulation (Norton Series on Interpersonal Neurobiology) Hardcover – 1 Apr 2011
 - The PTSD Workbook, 3rd Edition: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms Paperback – 30 Jun 2016
by [Mary Beth Williams](#) (Author), [Soili Poijula](#) (Author)