

Trauma-Informed Practice Resources

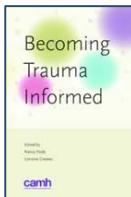
The following includes a selection of treatment related resources and curricula. Some are focused solely on trauma-informed practices and others incorporate elements of both trauma-informed and trauma-specific approaches.



Aboriginal Peoples and Historic Trauma: The processes of intergenerational transmission (2015)

This report from the NCCAH discusses how trauma must be conceptualized within the context of Aboriginal people in Canada. It provides a description of the patterns and processes of transmission of trauma. It calls for holistic healing strategies that are implemented not only within the health domain, but in other domains as well including education. 30 pages.

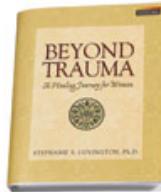
www.nccah-ccnsa.ca/430/aboriginal-peoples-and-historic-trauma.nccah



Becoming Trauma-Informed (2012)

Published by the Centre for Addiction and Mental Health in Ontario, this book offers examples of the ways in which practitioners have applied principles of trauma-informed practice in their work with diverse populations and in diverse settings within the MHSU field.

www.camh.ca/en/education/about/camh_publications/Pages/becoming_trauma_informed.aspx



Beyond Trauma: A Healing Journey for Women (2003)

This manual makes the connection between women's experiences of trauma and their substance use. Includes 12 sessions that integrate evidence from neuroscience with research on trauma and PTSD. Based on the principles of relational therapy; it uses cognitive-behavioral techniques (CBT), mindfulness, expressive arts, and body-oriented exercises. It can be used in a variety of settings, including: residential and outpatient treatment settings, mental health programs, and criminal justice settings. \$595 US for complete set of materials; \$159 for facilitator's guide and 10 workbooks.

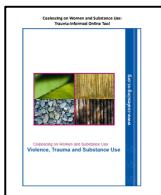
www.stephaniecovington.com/beyond-trauma-a-healing-journey-for-women1.php



Breaking the Silence Trauma-informed Behavioral Healthcare (2011)

A special issue of the National Council for Community Behavioural Healthcare's Magazine focused on trauma-informed care. 84 pages.

<https://www.thenationalcouncil.org/wp-content/uploads/2012/11/NC-Mag-Trauma-Web-Email.pdf>



Coalescing on Women and Substance Use: Trauma Informed Online Tool (2011)

Based on the findings of a one-year research project (2010-2011) on trauma-informed approaches in Canada, provides an overview of key issues and themes in practice and policy, promising practices, and tensions. It also provides links to recommended readings, curricula and training resources, for understanding the connections between substance use, mental health and trauma, and strategies for developing trauma-informed practices and services. 56 pages.

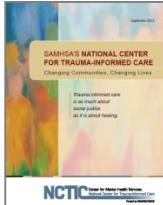
www.coalescing-vc.org/virtualLearning/documents/trauma-informed-online-tool.pdf



CCSA: Trauma Informed Toolkit (2014)

Provides an overview of trauma, key principles of trauma informed approaches, and implications for substance abuse services. 7 pages.

www.ccsa.ca/Resource%20Library/CCSA-Trauma-informed-Care-Toolkit-2014-en.pdf



Changing Communities, Changing Lives (2012)

This report prepared for SAMHSA describes trauma informed care as a social movement: tracing its history, the strong role of survivors, and the ongoing need to support organizational and system change. 10 pages.

[https://www.nasmhpd.org/sites/default/files/NCTIC_Marketing_Brochure_FINAL\(2\).pdf](https://www.nasmhpd.org/sites/default/files/NCTIC_Marketing_Brochure_FINAL(2).pdf)



Concept of Trauma and Guidance for a Trauma Informed Approach (2014)

Introduces a concept of trauma and offers a framework for how an organization, system, service sector can become trauma-informed. Includes a definition of trauma (the three "E's"), a definition of a trauma-informed approach (the four "R's"), 6 key principles, and 10 implementation domains. 20 pages.

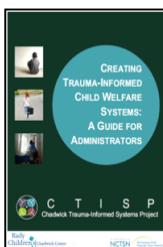
store.samhsa.gov/product/SAMHSA-s-Concept-of-Trauma-and-Guidance-for-a-Trauma-Informed-Approach/SMA14-4884



Creating Cultures of Trauma-Informed Care (CCTIC): A Self-Assessment and Planning Protocol (2009)

A self-assessment and planning protocol developed by authors Fallot and Harris (2009). Includes assessment of six domains addressing both services level and administrative or systems-level changes, along with guiding questions to stimulate discussion, and indicators of a trauma informed approach. 18 pages.

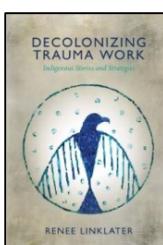
<https://www.healthcare.uiowa.edu/icmh/documents/CCTICSelf-AssessmentandPlanningProtocol0709.pdf>



Creating trauma-informed child welfare systems: A guide for administrators (2012)

Designed as a tool for administrators across the child welfare and other child-serving systems who are interested in having their systems become more trauma-informed and responsive to the needs of children and families within the child welfare system who have experienced traumatic events. 113 pages.

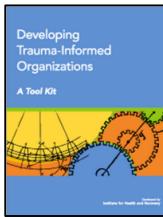
www.lacdcfs.org/katieA/docs/Trauma_Informed_CW_Systems_Guide.pdf



Decolonizing Trauma Work: Indigenous Stories and Strategies (2014)

In this book, Linklater engages ten Indigenous health care practitioners in a dialogue regarding Indigenous approaches to helping people through trauma. Designed as a resource for educational and training programs, health care providers, healing centers, clinical services and policy development settings. 176 pages.

fernwoodpublishing.ca/book/decolonizing-trauma-work



Developing Trauma Informed Organizations: A Tool Kit (2012)

This Tool Kit is designed to help organizations improve the quality of services offered by integrating an understanding of the impact of trauma and violence into the organization's policies, procedures, and interactions with those being served. It includes the principles for trauma-informed treatment, a self-assessment for provider organizations, an organizational assessment and ideas for using assessments to provide trauma-informed, integrated care, trauma informed supervision and staff competency in trauma informed care. 59 pages.

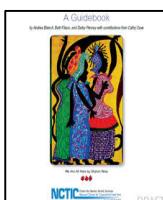
https://healthrecovery.org/images/products/30_inside.pdf



Doing Justice as a Path to Sustainability in Community Work (2010)

In this book, Vikki Reynolds, who specializes in team development, resisting burnout and organizational change, describes her ethical stance for therapeutic work in the context of social injustice. This includes: centering ethics, doing solidarity, addressing power, fostering collective sustainability, critically engaging with language and structuring safety. 217 pages.

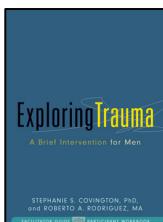
www.vikkireynolds.ca/downloads/V_Reynolds_PhD_Dissertation.pdf



Engaging Women in Trauma-Informed Peer Support: A Guidebook (2012)

Created by the National Center on Trauma-Informed Care, this document aims to facilitate trauma-informed peer support for women in health and social services settings. The aim of the resource is to provide peer supporters with information on trauma and trauma-informed practice, and tools and resources to engage in trauma-informed peer support relationships with women. Chapters include information on: trauma informed peer support relationships, integrating a gender lens, culture and trauma, organizational context, secondary trauma and self-care. 89 pages.

https://www.nasmhpdc.org/sites/default/files/PeerEngagementGuide_Colored_REVISED_10_2012.pdf



Exploring Trauma: Brief Intervention for Men

Developed by Dr. Stephanie Covington, Exploring Trauma is an intervention to address issues specific to men's experience of trauma, including: the impact of male socialization on men's responses, the risk of victims becoming abusers and men's shame and fear to explore trauma. Topics covered, include: understanding trauma and its process, the impact of trauma on the inner and outer self, and coping and calming strategies. \$150 USD.

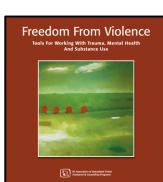
www.stephaniecovington.com/exploring-trauma.php



Feeling Deadly, Working Deadly: Indigenous AOD Worker Wellbeing Kit (2013)

A resource kit from Australia's National Research Centre on Alcohol and Other Drugs Workforce Development, aimed at addressing and reducing stress and burnout among Aboriginal and Torres Strait Island alcohol and other drug workers who work with women with substance use issues and mental health issues or other complex needs. Addresses the unique challenges Indigenous workers face including: role stigmatization, translating workplace practices into culturally sensitive practices, lack of cultural understanding, and defining roles and boundaries. 18 pages.

nceta.flinders.edu.au/files/5213/8509/5446/Handbook.pdf



Freedom from Violence: Tools for working with Trauma, Mental Health and Substance Use (2007)

Developed by the Ending Violence Association of BC, this toolkit offers specific, practical trauma-informed strategies for working with women who have substance use and mental health concerns. Strategies for discussing substance use, mental health concerns and for safety planning are included. 345 pages.

www.endingviolence.org/node/459



Handbook on Sensitive Practice for Health Care Practitioner: Lessons from Adult Survivors of Childhood Sexual Abuse (2008)

Published by the Public Health Agency of Canada, the handbook presents information designed to help health care practitioners practice in a way that is sensitive to the needs of adult survivors of childhood sexual abuse and other types of interpersonal violence. 109 pages.

publications.gc.ca/site/eng/329301/publication.html



Harnessing the Learning Community Model to Integrate Trauma-Informed Care Principles in Service Organizations (2015)

This report is based on a partnership between the McSilver Institute for Poverty Policy and Research at New York University and the National Council for Behavioral Health, who co-facilitated a year-long Learning Community (a collaborative learning model) to support 32 behavioral health organizations to adopt and sustain trauma informed care practices. 12 pages.

mcsilver.nyu.edu/sites/default/files/reports/TIC-Implementation-Report.pdf



Implementing trauma-informed systems of care in health settings: The WITI study. State of knowledge paper (2015)

This report from the Australia National Research Organization for Women's Safety presents a literature review to inform the *Women's Input to a Trauma-informed systems model of care in Health Settings Study* (the WITI Study). Includes a review of trauma informed approaches, frameworks and guidelines for survivors of sexual violence, implementation and evaluation studies, and human service systems change. 37 pages.

media.aomx.com/anrows.org.au/s3fs-public/WITH%20Landscapes%20final%2020150925.PDF



The Last Frontier: Practice Guidelines for the Treatment of Complex Trauma and Trauma Informed Care and Service Delivery (2013)

Practice guidelines developed by Adults Surviving Child Abuse (ASCA) Australia. Informed by national and international research from the trauma field, offers practice guidelines for the treatment of complex trauma and practice guidelines for trauma-informed care and service delivery. Includes implications for both trauma-specific and trauma-informed practice. 119 pages.

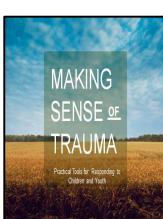
www.recoveryonpurpose.com/upload/ASCA_Practice%20Guidelines%20for%20the%20Treatment%20of%20Complex%20Trauma.pdf



A Long Journey Home: A Guide for Creating Trauma-Informed Services for Mothers and Children Experiencing Homelessness (2008)

The Long Journey Home is intended to serve as a guide to agencies looking for practical ideas about how to create trauma-informed environments. Includes information on creating a trauma informed environment, policies and procedures, services and supports. 56 pages.

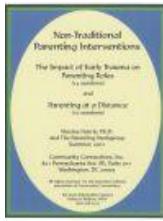
brightspaces.org/wp-content/uploads/Trauma-Informed-Services-Guide.pdf



Making Sense of Trauma: Practical Tools for Responding to Children and Youth

This webinar developed by the Families Affected by Sexual Assault [FASA] Program at New Directions for Children, Youth, Adults and Families in Winnipeg, offers health care providers, foster parents and anyone working with children, youth and families, tools and ideas on how to support children who have experienced trauma. The webinar includes 12 lessons with quizzes, and a complementary guide, script and resources.

<https://makingsenseoftrauma.com/course/making-sense-of-trauma/>



Non-Traditional Parenting Interventions

This document offers two alternative parenting curricula designed by the Community Connections group based in Washington, DC. The Impact of Early Trauma on Parenting Roles helps women explore the impact of their trauma history on their parenting. Parenting at a Distance (10 sessions) is for women who are not primary caregivers to their children.

<http://www.cavershambooksellers.com/search/X81802> or

<http://www.communityconnectionsdc.org/training-and-store/store#/!Non-Traditional-Parenting-Interventions/p/80215986/category=22725096>



Nova Scotia Discussion Guides on Trauma-Informed Practice

These 4 guides capture the results of a provincial project involving a wide range of service providers in collective learning about TIP, and identify questions to consider when planning.

#1: [An Intro and Discussion Guide For Health and Social Service Providers](#)

#2: [Recognizing and responding to the effects of trauma.](#)

#3: [Trauma-informed practice in different settings/ with various populations.](#)

#4: [Trauma-informed practice at the interagency and leadership levels.](#)

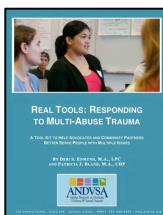
<http://novascotia.ca/dhw/addictions/>



Policy Brief on ACES and Opioid Addiction (2017)

This policy brief created by the Campaign for Trauma-Informed Policy and Practice (CTIPP) reviews the evidence linking trauma and adverse childhood experiences to opioid addiction. It also provides examples of effective trauma informed prevention and treatment programs, and describes innovative approaches being used by communities to address the current epidemic. 6 pages.

ctipp.org/Portals/0/xBlog/uploads/2017/7/17/CTIPP_OPB_No1.pdf



Real Tools: Responding to Multi-Abuse Trauma. A Tool Kit to Help Advocates and Community Partners Better Serve People with Multiple Issues (2011)

A tool kit from the National Center on Domestic Violence, Trauma and Mental Health to support advocates and service providers to understand the needs of individuals with co-occurring issues, and tools to address those needs. Includes information on self-care, building alliances with other providers, and tools and guidelines for training or support groups. 319 pages.

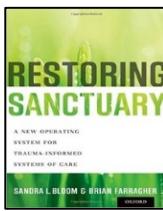
www.nationalcenterdvtamah.org/wp-content/uploads/2012/09/RealTools_RespondingtoMultiAbuseTrauma_BlandandEdmund.pdf



Resilience: The Biology of Stress & The Science of Hope (2016)

A documentary film that covers the CDC-Kaiser Permanente Adverse Childhood Experiences (ACE) Study, the biological impact of abuse and neglect during childhood, and the initiatives and therapies being used in pediatrics, education and social welfare to protect children from the negative impacts of stress and trauma.

<http://kpjrfilms.co/resilience/about-the-film/>



Restoring Sanctuary: A New Operating System for Trauma Informed Systems of Care (2013)

The third in the trilogy of Sanctuary books, authored by Sandra Bloom. This book is a manual for organizational change, addressing how to transform a dysfunctional human service system into a trauma-informed environment of care.

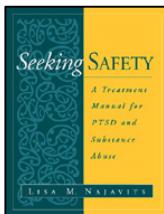
sanctuaryweb.com/Products/Books.aspx



Rising from the Ashes: Trauma Talks

A collection of audio interviews from the Institute of Trauma and Trauma Informed Care (ITTC) at the University of Buffalo. Includes interviews with survivors of trauma and service providers in which individuals share how they have experienced increased strength and resilience as a result of a trauma-informed approach.

<https://socialwork.buffalo.edu/social-research/institutes-centers/institute-on-trauma-and-trauma-informed-care/trauma-talks.html>



Seeking Safety

Created by Lisa Najavits, Seeking Safety is a widely used curriculum for Stage I trauma support. There are 25 topics that can be presented individually and in any order. The focus is on creating safety and recognizing the connection between substance use and trauma. It has been used in a variety of settings and with both men and women, as well as with youth. There have been many evaluations providing strong research support for its value in addressing PTSD/substance abuse. \$60 US for the book, multiple translations and supplementary resources available for purchase.

www.seekingsafety.org



Substance Use/ Abuse in the Context of Domestic Violence, Sexual Assault, and Trauma (2014)

A training module published by the National Center on Domestic Violence, Trauma and Mental Health to support advocates and community partners in providing trauma-informed training to local service providers on substance use/abuse in the context of sexual assault and domestic violence. 279 pages.

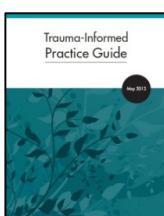
http://nationalcenterdvtraumamh.org/wp-content/uploads/2015/10/NCDVTMH_PatriciaBland_DebiEdmund_SubstanceUseDVSATraumaCurriculum.pdf



Supporting Infants, Toddlers and Families Impacted by Caregiver Mental Health Problems, Substance Abuse, and Trauma: A Community Action Guide (2012)

Published by SAMHSA, this resource includes case studies, and resources for service providers and advocates to understand and help engage the community in supporting children whose caregivers have experienced substance abuse, trauma or mental health issues. 69 pages.

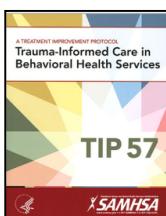
<https://store.samhsa.gov/shin/content/SMA12-4726/SMA12-4726.pdf>



Trauma informed Practice Guide (2013)

This Guide was developed on for the BC Provincial Mental Health and Substance Use Planning Council in consultation with researchers, practitioners and health system planners across BC. The TIP Guide and Organizational Checklist support the translation of trauma-informed principles into practice. Included are concrete strategies to guide the professional work of practitioners assisting clients with mental health and substance use concerns. 97 pages.

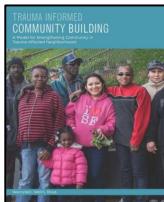
bccewh.bc.ca/wp-content/uploads/2012/05/2013_TIP-Guide.pdf



TIP 57: Trauma-Informed Care in Behavioral Health Services (2014)

Published by the US Substance Abuse Mental Health Services Administration. Assists behavioral health professionals in understanding the impact and consequences for those who experience trauma. Discusses patient assessment, treatment planning strategies that support recovery, and building a trauma-informed care workforce. 319 pages.

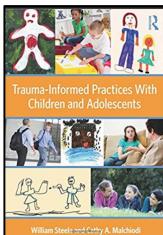
store.samhsa.gov/product/TIP-57-Trauma-Informed-Care-in-Behavioral-Health-Services/SMA14-4816



Trauma Informed Community Building: A Model for Strengthening Community in Trauma Affected Neighbourhoods (2014)

Presents a model of Trauma Informed Community Building (TICB) including strategies to build social cohesion and resilience to address chaos and stress. This model is based on the Bridge Housing Corporation's experience in community building in San Francisco. 18 pages.

bridgehousing.com/PDFs/TICB.Paper5.14.pdf

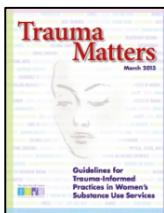


Trauma-informed Practices with Children and Adolescents (2012)

A sourcebook of practical approaches to working with children and adolescents that synthesizes research from leading trauma specialists and translates it into easy-to-implement techniques. The approaches address the sensory and somatic experiences of trauma within structured formats that meet the "best practices" criteria for trauma informed care: safety, self-regulation, trauma integration, healthy relationships, and healthy environments. 280 pages.

Sample Chapters: <https://tandfbis.s3.amazonaws.com/rt-media/pp/common/sample-chapters/9780415890526.pdf>

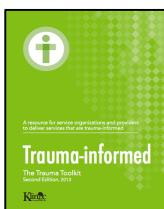
www.amazon.ca/Trauma-Informed-Practices-Children-Adolescents-William/dp/0415890527



Trauma Matters (2013)

Guidelines developed by the Jean Tweed Centre, in consultation with service providers, experts, and women with lived experience from across Ontario, to support organizations that provide substance use treatment services for women. Designed to aid service providers and organizations in understanding the interconnections of trauma and substance use, and provide better care for substance-involved women who have experienced trauma. 178 pages.

<http://jeantweed.com/wp-content/themes/JTC/pdfs/Trauma%20Matters%20online%20version%20August%202013.pdf>



The Trauma Toolkit (2nd Edition) (2013)

Developed by Klinik Community Health Centre in Winnipeg, MB, this resource offers general guidelines for trauma-informed practice to assist service providers and agencies to increase their capacity in delivering trauma-informed services. Includes a trauma informed organizational checklist, guidelines and key qualities for providers of trauma informed care, information on vicarious trauma, and scenarios to illustrate appropriate responses. 150 pages.

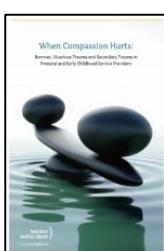
www.trauma-informed.ca



Trauma Recovery and Empowerment Model (TREM)

The TREM group intervention was developed at Community Connections in Washington DC, by clinicians led by Dr. Maxine Harris and Roger Falot. The TREM curriculum for women consists of 29 sessions focusing on empowerment, education about trauma, and building coping skills. There are versions for working with women, men, and youth. (B-TREM) and men (M-TREM). \$15-\$30 US for different versions.

www.communityconnectionsd.org/training-and-store/store#/!Trauma-Recovery-&-Empowerment-A-Clinicians-Guide-to-Working-with-Women-in-Groups/p/80215599/category=22725096



When Compassion Hurts: Burnout, Vicarious Trauma and Secondary Trauma in Prenatal and Early Childhood Service providers (2012)

A manual from the Best Start Resource Centre in Toronto, aimed at supporting service providers to cope with secondary trauma, burnout and compassion fatigue. Includes definitions and case illustrations of each condition, reflective questions for self-study and tools and suggestions to support resilience and self-care. 44 pages.

https://www.beststart.org/resources/howto/pdf/Compassion_14MY01_Final.pdf

Websites with Resources on Trauma Informed Practice:

Academy on Violence and Abuse: Best Practice Resources



Links to studies and online videos describing the Adverse Childhood Experiences (ACE) research, screening tools, counselling points and handouts, and an online collaborative living document of best practices and effective treatments to address ACEs, approaches for adults with ACEs and developing trauma informed care and integrated systems of care.

www.avahealth.org/resources/aces_best_practices/aces-best-practices.html

Campaign for Trauma Informed Practice and Policy (CTIPP)



The mission of the Campaign for Trauma Informed Policy and Practice is to create a resilient, trauma-informed society where all individuals and families have the opportunity and the supports necessary to thrive. Website includes news, and resources as well as an online community.

ctipp.org



International Society for Traumatic Stress (ISTSS)

This ISTSS website offers a variety of online resources on trauma-focused and trauma informed approaches, including: live webinars, audio recordings of past webinars/ presentations, and StressPoints- an online newsletter.

www.istss.org/education-research/online-learning.aspx



IWK Trauma Informed webinars and presentation

Website includes a webinar on trauma informed care, and multiple presentations addressing trauma informed care and organizational changes.

youexperiencesmatter.com/iwk-trauma-informed-webinar/



Manitoba Trauma Information Centre

Links to The Trauma Toolkit from the Klinic Community Health Centre (listed above), training and webinars, and relevant resources and publications.

trauma-informed.ca



NCTSN Learning Center

Includes a webinar series developed by members of the National Child Traumatic Stress Network and Substance Abuse Committee, offering information on the links between trauma, caregiver substance abuse, parenting and prenatal substance use exposure. Other resources include a toolkit for providers (2008) which reviews the connection between trauma and substance use among adolescents and offers guidelines and tools for engaging with and treating youth who are experiencing these co-occurring issues.

www.nctsn.org/resources/topics/adolescence-and-substance-abuse

Trauma-Informed Domestic Violence Services: Understanding the Framework and Approach



A special collection of information, guidance and resources on trauma informed domestic violence programs and services. Developed by the National Center on Domestic Violence, Trauma & Mental Health.

vawnet.org/sc/trauma-informed-domestic-violence-services-understanding-framework-and-approach-part-1-3