

Additional Resources

Useful videos for ongoing CPD to support core trauma informed training sessions

Please use these videos to reinforce core messages delivered by the basic training and trauma informed language training sessions.

Each of the films are short, usually around five minutes, and can be used to provoke some discussions around key questions such as:

- What key learning will you take from this?
- What are the implications for work practice?
- Do we need to further support around issues raised by this film?

*Click the links in pink to view each video

[An introduction to ACES \(Adverse Childhood Experiences\)](#)

A short, animated film developed to raise awareness of childhood trauma, whole life course impact and appropriate responses. Produced for Public Health Wales and Blackburn with Darwen local Authority.

Time: 5min 43sec

[How childhood trauma affects health across a lifetime](#)

Ted Talk by Dr Nadine Burke Harris about the impact of childhood trauma on an individual's health.

Time: 15min 50sec

[Trauma and the brain – understanding survivor's responses](#)

Time: 8min 45sec

[Stress, Trauma and the Brain](#)

An insight for educators on how stress impacts the brain.

Time: 5min 40sec

[Adverse Childhood Experiences: Impact on brain, body and behaviour](#)

Time: 6min

[How we learn – synapses and neural pathways](#)

[The window of tolerance](#)

A short animated by Bacon House around how adults can support traumatised children to perform at their best.

Time: 6min 47sec

[Understanding trauma: Learning brain vs Survival brain](#)

Dr Jacob Ham reframes a trauma perspective in terms of learning brain versus survival brain as a way to make it easier for educators to talk about trauma with students.

Time: 4min 57sec

Opening Doors: Trauma Informed practice for the workforce

NHS Scotland

Time: 8min 41sec

First Impressions: Exposure to violence and a child's developing brain

Time: 14min 43sec

The effect of positive adult relationships

Ian Wright talks about the impact of his primary school teacher.

Time: 3min

The power of everyday heroes

Ted Talk by Jaz Ampaw-Farr about the power of positive adult relationships for young people.

Time: 11min 6sec

Lisa's 911 call

A recording of a phone call made by a 6 year old girl in the middle of a domestic abuse incident asking for police assistance. Very impactful, demonstrating trauma of a domestic abuse incident and the impact on children, siblings, mother and phone operator.

Needs to be used sensitively to avoid triggering audience.

Time: 5min 40sec