



ICOY Culture & Trauma Training Videos 7th December 2022

Training Videos

- **Mini Mediation**
 - o Link: <https://youtu.be/Ceqzthcampo>
- **How Stress Affects Your Body**
 - o Link: <https://youtu.be/V-T1z5-Optu>
- **“The Myth Of Normal: Dr. Gabor Mate On Trauma, Illness, And Healing In A Toxic Culture – Full Lecture**
 - o Link: <https://youtu.be/Ovsl6rzckyj>
- **Housing Segregation And Redlining In America: A Short History**
 - o Link: <https://youtu.be/O5fbjqfolm>

Supplemental Training Videos

- **Creating Cultural Competence (5 Part Video Series)**
 - o Link: <https://youtu.be/Tswbodqidws>
- **Culture, Migration Journey, Trauma, And Assessment**
 - o Link: <https://youtu.be/Xupqcj4jeoi>
- **How Can We Solve The College Student Mental Health Crisis?**
 - o Link: <https://youtu.be/Jetnxnw0bru>
- **Motivational Interviewing & Trauma Informed Care**
 - o Link: <https://youtu.be/Anwys3gkuic>
- **Suicide: Coping Strategies For Educators & Students**
 - o Link: <https://youtu.be/Jgplmipv5ce>