



## ICOY Impact of Trauma Training Videos 30<sup>th</sup> November 2022

### Training Videos

- **Childhood Trauma and the Brain – UK Trauma Council**
  - o Link: <https://youtu.be/xYBUY1kZpf8>
  
- **Discover Your True Self – Dr. Gabor Mate**
  - o Link: <https://youtu.be/Ybld6IG1KtA>
  
- **Supplemental Training Videos**
  - o **“The Myth of Normal: Dr. Gabor Mate on Trauma, Illness, and Healing in a Toxic Culture – Full lecture**
    - Link: <https://youtu.be/OvSL6RZCkyl>
  
  - o **Cambodia: A Quest for Justice**
    - Link: <https://youtu.be/BsC-yytRhLI>
  
  - o **What is trauma? The author of “the body keeps the score” explains**
    - Link: <https://youtu.be/BJfmfkDQb14>
  
  - o **How Childhood Trauma Affects Health Across a Lifetime**
    - Link: <https://youtu.be/95ovIJ3dsNk>

### **Additional Informational Links:**

- <https://traumainformedoregon.org/>
- <https://www.acesaware.org/ace-fundamentals/principles-of-trauma-informed-care/>
- <http://www.compassionresiliency.com/>