

RESOURCE LIST

2018

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There are many resources for children and youth to buffer the effects of exposure to violence and other adverse childhood experiences and promote resilience and self-regulation. Listed below are resources I discuss in my presentations. On-line resources can be located by searching by the name of the resource listed below or cutting and pasting the link.

1. Comprehensive Review of Interventions for Children Exposed to Domestic Violence

This interactive website and free on-line publication by Futures Without Violence highlights evidence-based and promising practices for children and youth exposed to domestic violence and other Adverse Childhood Experiences (ACEs).

www.promisingfutureswithoutviolence.org

2. Self-Regulation and Toxic Stress Report 4: Implications and Practice

This is one of a series of reports by OPRE (Office of Planning and Research Evaluation) and Duke University on self-regulation and toxic stress.

<https://www.acf.hhs.gov/opre/resource/self-regulation-and-toxic-stress-implications-for-programs-and-practice>

3. Capacitar Emergency Toolkit

a. **Videos** produced by youth (Homer, Alaska Rec Room) featuring simple strategies to promote resilience, self-regulation and well-being.

<https://www.youtube.com/watch?v=nYepPQwtFds&t=270s>

b. Webinar featuring Dr. Chamberlain talking about tools to Promote Resilience, Self-Regulation and Prevent Vicarious Trauma

Directly on YouTube <https://youtu.be/n5asuDRJCU>

And in MARC Brown Bag archives: <http://marc.healthfederation.org/brownbag>

c. Capacitar Emergency Toolkit in written format (PDF) available in more than 20 languages

<https://capacitar.org/>

4. CHILDREN'S BOOKS ON MINDFULNESS AND THE BRAIN

a. Recommendations from Australian Childhood Foundation (<http://childhoodtrauma.org/au>)

Happy Monkey, Happy Panda (Lauren Alderfer, 2011)

Moody Cow Meditates (Kerry Maclean, KL, 2009)

What Does it Mean to be Present (Rana DiOrio, 2010)

Take the Time: Mindfulness for Kids (Maud Roegiers, 2009)

b. Book to teach children about how their amazing brains work

Your Fantastic Elastic Brain: Stretch It, Shape It (JoAnn Deak, PhD 2010)

5. MINDUP CURRICULA (While developed for schools, the content and tools can be adapted to many different settings and used by caregivers/ parents and other service providers. There are three grade/age levels from pre-K through middle school).

For information go to www.thehawnfoundation.org ; curriculum, published by *Scholastic*, available on Amazon

6. ADOLESCENTS

a. Book and website on Mindsight/Mindfulness Practices for Teens

Brainstorm: The Power and the Purpose of the Teenage Brain (2013) by Dan Siegel

<http://www.drdansiegel.com/>

b. FREE MINDFULNESS APP with practices for children, teens and adults: Smiling Mind

<https://smilingmind.com.au/>

c. Interactive website for teens and adults on the brain and substance use, Genetic Science Learning Center, Utah

<http://learn.genetics.utah.edu/content/addiction/mouse/>

7. TRAUMA-INFORMED YOGA (Children, youth, adults): Greentree Yoga

a. Resources including free audios available at www.greentreeyoga.org

b. Georgetown Law Center on Poverty and Inequity Report on Gender and Trauma: Somatic Interventions for Girls in Juvenile Justice

<https://www.law.georgetown.edu/news/press-releases/yoga-helps-at-risk-girls.cfm>

8. HARD TIMES AND HEALING TOOLKIT: A Resilience Framework for Domestic Violence (DV) and Adverse Childhood Experiences (ACEs)

<http://www.acesconnection.com/g/aces-in-the-arctic/blog/toolkit-on-domestic-violence-and-aces-now-available>

9. AMAZING BRAIN BOOKLETS (User-friendly booklets about early and adolescent brain development, trauma, and what parents and caregivers can do to promote healthy brain development).

Download PDFs of booklets at Prevent Child Abuse America website under resources on resilience:

<http://preventchildabuse.org/resource/resilience/>

10. HEARTMATH (Extensive body of research and tools that focus on breathing and heart coherence to manage stress and promote self-regulation and well-being. Appropriate for children, teens and adults. Uses technology to provide biofeedback; can be practiced with or without hardware for biofeedback).

Research, on-line training, information about practices and tools can be found at:

<https://www.heartmath.com/>

10. Comfy-Cozy Nest (story book for children)

Free on-line story book that helps children with self-regulation and visualizing a safe place. One of many resources to help children and families cope with trauma at Sesame Street in Communities website (audio, video and handouts)

<https://sesamestreetincommunities.org>



Capacitar

Practices of Hope & Healing

CENTERING



At this time of strong feelings and divisions in the US and many places around the world, Capacitar will offer over the next few months some simple practices of healing to empower us to transform emotions, connect with inner resources and reach out as persons of light and wisdom in our communities. In each moment we have a choice: to react with negative energy and fear or to see the reality of the times and choose a positive response or action to transform the energy of the moment and empower change for the future. You can download Capacitar's Emergency Kit of Best Practices available in over 20 languages from www.capacitar.org.

Centering is an important skill for everyone, especially when feeling out of control or experiencing strong emotions. Persons who deal with daily stress or violence are often scattered and unable to focus. Breathwork or abdominal breathing can be used to reconnect with the center. Normally energy flows in the left side of the body, circulates and then flows out the right side. With violence or conflict, one's energy can be easily scattered or drained. Many times when listening to a needy person, being in a negative environment or participating in a conflictive meeting or situation, energy can be drained. Often the other person feels better after the exchange, while the listener has absorbed their problem, feeling "burnt out" or exhausted by the experience.

Practice:

To protect yourself, to create boundaries, and to better focus and contain your energy, sit with crossed ankles and put your fingertips together. Or you can rest your hands lightly on your abdomen imagining that you feel your breath going into a center deep within your abdomen. With this position, you can be present in your center while listening deeply to another person. Centering can help those who accompany others to be present as a witness to their pain, rather than being a "sponge" absorbing their problems.

Centering Meditation:

The following meditation can be done in silence or with music. Be seated in a comfortable position, cross your ankles and put your fingertips together. Breathe slowly and deeply. Imagine that you are able to breathe in and rest in a safe place deep within yourself. Rest within your center and feel a deep sense of peace and relaxation. Enjoy this place for a few minutes, fully alive to yourself, focused and aware of all that is happening around you. Try to stay centered in your daily life, and when challenges arise, use deep breathing to return to your center.





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SWITCHING



At this time of strong feelings and divisions in the US and many places around the world, Capacitar offers some simple practices of healing to empower us to transform emotions, connect with inner resources and reach out as persons of light and wisdom in our communities. In each moment we have a choice: to react with negative energy and fear or to see the reality of the times and choose a positive response or action to transform the energy of the moment and empower change for the future. You can download Capacitar's Emergency Kit of Best Practices available in over 20 languages from www.capacitar.org.

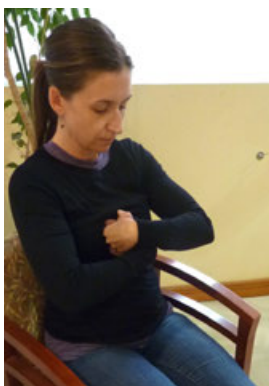
The following exercise—Switching—is adapted from the work of Brain Gym and is very effective in helping a person to connect with their center and release strong emotions.



Sit comfortably and breathe deeply.

- Cross your left ankle over your right ankle.
- Extend your hands forward and turn your hands over so that the thumbs are directed toward the ground.
- Cross your right hand over the left hand; interlace your fingers.
- With interlaced fingers touch the center of your chest.
- Close your eyes, breathe deeply and relax your entire body.

Imagine that you are able to drop down deeply into the center of your being. *(You can imagine a center beneath your navel in the middle of your abdomen. For the people of China this center is called the Dan-tien. For the people of India this center is the Hara.)*



- Relax your tongue in the roof of your mouth with the tip of the tongue touching behind the upper front teeth.
- Breathe deeply and let go of all thought. Rest in stillness and deep peace for several minutes.
- After several minutes relax your hands into your lap. Breathe and slowly open your eyes.
- Stretch your hands and arms and gently tap your head to stimulate your brain and energy.



Switching is a very beneficial exercise to calm and center oneself; to use before meditation for centering; to lighten depression and anxiety; and to focus the mind and spirit. When working with individuals or groups, the practice helps to calm and settle a person before therapy; or helps to focus people who are having flashbacks or strong memories and emotions. With children the practice can be adapted as a game, or in the classroom to focus before study.



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EMOTIONAL FREEDOM TAPPING



At this time of strong feelings and divisions in the US and many places around the world, Capacitar offers some simple practices of healing to empower us to transform emotions, connect with inner resources and reach out as persons of light and wisdom in our communities. In each moment we have a choice: to react with negative energy and fear or to see the reality of the times and choose a positive response or action to transform the energy of the moment and empower change for the future. You can download Capacitar's Emergency Kit of Best Practices available in over 20 languages from www.capacitar.org.

Emotional Freedom Tapping, adapted from the work of Roger Callahan, PhD. (TFT) and Gary Craig, PhD (EFT), is very useful for unblocking and healing strong emotions, fears, anxiety, emotional pain, anger, traumatic memories, and addictions, as well as for alleviating body symptoms and pain, such as headaches and overall body pain. The technique is based on energy field theory, along with meridian theory of Eastern medicine. Problems, traumas, anxiety and pain can cause a block in the healthy flow of energy. Tapping or pressing points on channels or meridians of energy can help move blocks in congested areas and promote the healthy flow of energy in the body, mind and spirit. This can be an invaluable tool for people as they experience difficult memories and traumas.

Practice:

- **Think of an issue to work with and measure your anxiety level.**

Choose to work with a problem, worry, fear, anxiety, traumatic memory or negative self-concept. Using a scale of 0—10, measure the level of anxiety that you feel when thinking about the issue. (0 means no anxiety, 10 means extremely high level of anxiety). If it is difficult to measure with a number, use a simple scale such as: (none, small, medium, large) or (big to little) or (tall to short). Often people who have suffered great trauma believe that they will never change. The reason for measuring the anxiety level is to show change.



- **Tap the following sequence of Points 9 to 12 times with your index and middle fingers.**

- #1 Points above where the eyebrows begin (crisis, frustration, and trauma)
- #2 Points at the sides of the eyebrows (anger and rage)
- #3 Points below the pupils of the eyes on the bones (guilt, anxiety and addiction)
- #4 Point under nose (crisis, trauma, dizziness, hypertension, psychological reversal)
- #5 Point under the lips on the chin (shame)
- #6 Points under the armpits (about 4 inches below) (crisis, anxiety and trauma)
- #7 Points below the clavicles on either sides of the sternum. (fear, anxiety and crisis)



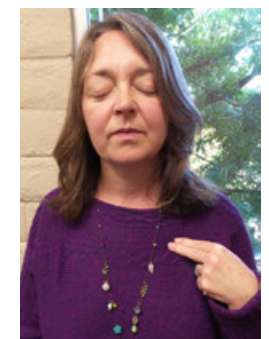
- **Tap point #A at the side of the hand and say 3 times:**

"In spite of the fact I have this problem I'm OK, I accept myself." (Or some appropriate phrase)



- **Repeat the tapping and hand sequences:**

Repeat the sequence until your anxiety level is down to 0-2.





The power of the Quick Coherence Technique comes from positive emotions. When you engage positive feelings, in the moment, you replace depleting emotions with ones that can renew your system. The technique is easy, but each step is important. With practice, the coherence you establish in your system becomes your new reference point making the shift easier and more automatic.

Step 1. Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.

Suggestion: Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable).

Step 2. Make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life.

Suggestion: Try to re-experience the feeling you have for someone you love, a pet, a special place, an accomplishment, etc., or focus on a feeling of calm or ease.

Once you have become familiar with these three steps, use the quick steps:

- **Heart-Focused Breathing**
- **Activate a positive or renewing feeling**

Use the Quick Coherence steps anytime you want to:

- Gain the benefits of positive emotions.
- Have a quick 30 second emotional adjustment.
- Get an extra energy boost.

List some everyday depleting situations and how you can benefit from applying the Quick Coherence Technique.

SITUATION	DEPLETING RESPONSE	HOW QUICK COHERENCE CAN HELP

Specific applications.

Quick Coherence® Personal Practice Log



Consider any stress triggers or potentially depleting reactions you experienced. Write down the situation and what happened.

Date	Situation	Response	Observations

Write down any successes you are having with your practice.

Write down any challenges you are having with your practice.



The Heart-Focused Breathing™ step shifts your attention away from your depleting thoughts to your heart or chest area increases coherence in your system. Because changing the rhythm of your breathing changes the rhythm in your nervous system, when you breathe deeper and slower, 5 seconds in and 5 seconds out or 6 complete breaths per minute, you bring more order to your nervous system and the rhythm of your heart. Doing this anytime you feel stress has a powerful soothing effect on the entire body and will help you start to feel calmer.

Activate a positive or renewing emotion. Making a sincere attempt to experience a renewing feeling such as appreciation or care for someone or something in your life helps you sustain the coherence started with the Heart-Focused Breathing step, without having to remain focused on your breath. Many people find that when they experience positive feelings like care, love or appreciation while practicing heart-focused breathing through the heart or chest area, they immediately feel uplifted and regenerated. We call these *heart feelings* because they change how your heart is beating and because people often describe these feelings or emotions as *coming from the heart*.

If you are accustomed to having more negative, depleting feelings than positive, renewing feelings, breathing this way may feel uncomfortable at first because it's unfamiliar. For now, simply make a sincere effort to feel and hold the renewing emotions by recalling a positive or fun time in your life and reexperiencing it.

If it's hard for you to recall anything positive, write down some occasions when you felt an uplifting, positive feeling. This will help you remember how to recall one of them when you practice the Quick Coherence Technique. Even a sincere attempt to feel a positive emotion will reduce the drain and replenish your system.

Practice makes it easier to sustain coherence for longer periods of time. Coherence will become more natural and familiar to your system, making it much easier to remain calm and balanced in challenging or stressful times.