

# Latest innovations to embed and sustain trauma-informed care

MHPN  
WEBINARS

## SUPPORTING RESOURCES

*\*Please note the resources displayed in this document were accurate at the time of publication – 24<sup>th</sup> August, 2023\**

### MHPN Resources

**MHPN Networks:** MHPN supports networks where practitioners share an interest in mental health.

[See what's available in your area](#)

**MHPN Webinar Library:** [Watch our previous webinars](#)

**MHPN Podcast:** [Listen to our range of podcasts](#)

### Websites

Australian Childhood Foundation – Professional community has a range of online activities and resources available at <https://professionals.childhood.org.au/training-development/>

ACEs are Adverse Childhood Experiences. Our ACE history counts experiences of abuse, neglect and household challenges that happened to us as children <https://numberstory.org/>

The Center on the Developing Child's R&D (research and development) platform, Frontiers of Innovation (FOI), supports scientific research that can inform the testing, implementation, and refinement of strategies designed to achieve significantly better life outcomes for children facing adversity

<https://developingchild.harvard.edu/resources/5-steps-for-brain-building-serve-and-return/#:~:text=Child%2Dadult%20relationships%20that%20are,it%20takes%20two%20to%20play>

Sense of Safety is a pre-requisite for health. It is a strength-based health goal that is trauma-informed – acknowledging lived experience and memories [www.senseofsafety.com](http://www.senseofsafety.com)

The promise exists, so that children and young people in Scotland can grow up loved, safe, and respected <https://thepromise.scot/>

The Trauma and Learning Policy Initiative's (TLPI) mission is to ensure that all students, including those impacted by trauma, succeed at their highest levels in school and in life <https://traumasensitiveschools.org/about-tlpi/>

Berry Street Education Model [www.berrystreet.org.au](http://www.berrystreet.org.au)

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## Training

Dr Johanna Lynch Blog <https://www.drjohannalynch.com/blog>

Personal and group mentoring and supervision in trauma-informed practice  
<https://www.drjohannalynch.com/speaker-trainer-folder>

Graduate Certificate in Education (Trauma Aware Education) <https://www.qut.edu.au/courses/graduate-certificate-in-education-trauma-aware-education>

## Articles

Recurrent pregnancy loss: A summary of international evidence-based guidelines and practice. Australian Journal of General Practice. Available at <https://www1.racgp.org.au/ajgp/2018/july/recurrent-pregnancy-loss>

The Australian Childhood Maltreatment Study. Available at <https://www.acms.au/>

Allostasis and Allostatic Load: Implications for Neuropsychopharmacology. Available at <https://www.nature.com/articles/1395453.pdf>

Mood Disorders and Allostatic Load. Available at <https://citeseerx.ist.psu.edu/document?repid=rep1&type=pdf&doi=28bfe3b550c2df9ed32332d1b92f1029eacff201>

Allostatic Load and Its Impact on Health: A Systematic Review. Available at <https://karger.com/pps/article-pdf/90/1/11/3908841/000510696.pdf>

Holding the complex whole: Generalist philosophy, priorities and practice that facilitate whole-person care. Available at <https://www1.racgp.org.au/ajgp/2023/july/holding-the-complex-whole>

Recognising and responding to domestic and family violence in general practice. Available at <https://www1.racgp.org.au/ajgp/2022/november/recognising-and-responding-to-domestic-and-family>

## Videos

How childhood trauma affects health across a lifetime by Nadine Burke Harris  
<https://www.youtube.com/watch?v=95ovIJ3dsNk>

Brain Breaks by P.E. with Mr. G <https://www.youtube.com/@PEwithMrG/about>

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## Books

A Whole Person Approach to Wellbeing: Building Sense of Safety by Dr. Johanna Lynch

The Deepest Well: Healing the Long-Term Effects of Childhood Adversity by Nadine Burke Harris

The Body Keeps the Score by Bessel Van Der Kolk

Trauma-Informed Practices With Children and Adolescents by William Steele & Cathy A. Malchiodi

Distressed or Deliberately Defiant by Dr Judith Howard

Trauma Aware Education by Dr Judith Howard

Creating Trauma-Informed Strength Based Classrooms by Dr Tom Brunzell

Intentional Neuroplasticity by Dr. Lori Desautels

Connections over Compliance by Dr. Lori Desautels

## Podcasts

The Regulated Classroom with Emily Read Daniels