



Supporting Resources

Trauma-informed care: The impacts of trauma on the physical body

October 2023

Please note: The resources included in this document were accurate at the time of publication – 19 October 2023.

Websites

Regul8 Physical Health - Regul8 is more than a platform; it's a community. Health professionals, students, researchers, and those with lived experiences converge here for a shared mission—to reshape the narrative of health <https://www.regul8physicalhealth.com.au/>

Gold Coast Health & Performance - Offering a trauma-informed approach to the gym setting for those in the community. <https://www.goldcoasthealthperformance.com.au/>

BlueKnot Foundation - Blue Knot provides information and support for anyone who is affected by complex trauma. <https://blueknot.org.au/>

Fearless - FearLess is a charity that works with people living with the consequences of post traumatic stress (often referred to as PTSD). FearLess also helps family members in any way affected by it. <https://fearless.org.au/>

Books

Van der Kolk, B. A. (2015). *The Body Keeps the Score: brain, mind, and body in the healing of trauma*. New York, New York, Penguin Books.

Ogden, P., Minton, K., & Pain, C. (2006). *Trauma and the Body : A sensorimotor approach to psychotherapy*. New York: WW Norton.

Podcasts

[The Integrative Pain Institute Podcast: Masterclass: Trauma-informed Pain Care](https://integrativepainscienceinstitute.com/latest_podcast/masterclass-trauma-informed-pain-care-with-jeremy-fletcher-pt-dpt-ocs/)

This episode, tackles the important but often times not spoken about the impact of trauma and PTSD on the experience of chronic pain. https://integrativepainscienceinstitute.com/latest_podcast/masterclass-trauma-informed-pain-care-with-jeremy-fletcher-pt-dpt-ocs/

[Eco Physiotherapy](https://www.ecophysio.com/ep-155-trauma-informed-physiotherapy-part-1/)

This episode delves into the Poly-Vagal Theory and how that has changed practice. We talk about how being trauma informed and using the Poly-Vagal theory is in our scope of practice. <https://www.ecophysio.com/ep-155-trauma-informed-physiotherapy-part-1/>

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](#)