Utah Valley Trauma Sensitivity Initiative

Additional Resources

“Bessel van der Kolk’s The Body Keeps the Score….. draws on thirty years of experience to argue powerfully that trauma is one of the West’s most urgent public health issues.….Packed with science and human stories, the book is an intense read.” New Scientist

Video

How does the brain develop? This new 5 min. video is for everyone who wants to promote wellness and learning in children and adults.

Free Class

Parenting Kids Through Stress & Adversity

Tues. October 20
6:00pm - 8:00pm

Call 801-229-1181 to enroll! Limited space available.

Tips

Next time your child/student refuses your guidance and you find yourself about to blurt out a threat, try one of these Problem Solving Alternatives instead.

News

A new documentary, PaperTigers, about an alternative school in Washington state examines the inspiring promise of Trauma Informed Communities - a movement that is showing great promise in healing youth struggling with the dark legacy of Adverse Childhood Experiences (ACES).

Watch the trailer for Paper Tigers:

Find the Family Support & Treatment Center at our website, on Facebook or by calling (801) 229-1181.
Additional Resources

Early experiences matter. On this podcast Dr. Ross Thompson describes how early emotional development unfolds and how parents can nurture it.

Check out more early childhood information at this site:

Video

TEDx tells how identifying a student’s mood can change their experience in your classroom

Did you know?

There are therapeutic ways to improve executive function (EF) in children. Read about how EF develops in children, what EF difficulties look like, and what creative and effective interventions can meet their needs.

Tips

Take a breath. “Deep breathing is good for your physical and mental health. It decreases stress, decreases the heart rate and reduces the amount of carbon dioxide and stress-related chemicals in the bloodstream. . .”

News

Trauma-sensitive Yoga Workshop

Friday, September 25th 8:30 -5:30
75 South 200 East, SLC
For clinicians, educators, healthcare providers, yoga teachers, and anyone interested in learning more practical skills for self-care and healing trauma.

Space is limited!

Stress Sensitivity Class

September 15, 2015 6:00pm – 8:00pm Call to enroll!

Have you liked us on Facebook? Visit our page!
**Video**

*Every kid needs a champion*
View this TED talk by an educator about the power of relationships

**Did you know?**
Tools have been created to help your kids develop resilience. Visit the Children’s Resilience Initiative to view playing cards, games and other strategies and products to assist with teaching resilience to children.

**Additional Resources**
*Want ideas for a stress-sensitive classroom?*
The Heart of Learning and Teaching manual can give you ideas on ways to support students this coming school year.

*Interested in more information on adverse childhood experiences? Join the ACEs Connection to get regular updates.*

**Tips**
Self compassion can make a huge difference in how children respond to you as a role model in their life. It can also change the child’s outlook. Read this article from Berkeley University on how mindfulness and self compassion can help your skills as a care giver.

**News**
Supporting Student Resiliency in Trauma-Sensitive Schools
September 11th 8:00-4:00
Living Planet Aquarium
Register here

**Stress Sensitivity Class**
August 25th 6:00pm - 8:00pm
1255 N 1200 W, Orem
Call to enroll!

Have you liked us on Facebook? Visit our page!