

CHILDHOOD TRAUMA Readable Resources

(extra slide for online reading)

(A wealth of academic resources & articles on childhood trauma & Adverse Childhood Experiences also available online. A good first read is 'The effect of multiple adverse childhood experiences on health: a systematic review and meta-analysis' Hughes K et al (2017). The Lancet Public Health Vol 2, Issue 8, PE356-E366, Aug 01, 2017
[https://doi.org/10.1016/S2468-2667\(17\)30118-4](https://doi.org/10.1016/S2468-2667(17)30118-4))

- There are lots of great trauma-informed resources out there. Here are some of the ones I have personally read and have found useful. I have put the Amazon links just for ease but they are of course available at other bookshops and online. A number are also audiobooks. Whilst many books talk about children, the legacy of childhood adversity carries into adult life and parenting so I strongly recommend them even if you are purely supporting adults.
- 15 minute TED Talk by Dr Nadine Burke-Harris entitled How Childhood Trauma Affects Child Health (Adverse Childhood Experiences) available at https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime?language=en.
- 'The Simple Guide to Child Trauma: What It Is and How to Help' by Betsy de Thierry available at https://www.amazon.co.uk/Simple-Guide-Child-Trauma-Guides/dp/1785921363/ref=sr_1_1?ie=UTF8&qid=1540459728&sr=8-1&keywords=simple+guide+to+child+trauma
- 'The Simple Guide to Understanding Shame in Children: What it is, what helps and how to prevent further stress or trauma' by Betsy de Thierry available at https://www.amazon.co.uk/Simple-Guide-Understanding-Shame-Children/dp/1785925059/ref=sr_1_2?ie=UTF8&qid=1540459728&sr=8-2&keywords=simple+guide+to+child+trauma
- 'The Body Keeps the Score' by Bessel van der Kolk – fascinating read about how trauma impacts adult health and the brain. Available at https://www.amazon.co.uk/Body-Keeps-Score-Transformation-Trauma/dp/0141978619/ref=sr_1_1?s=books&ie=UTF8&qid=1540460196&sr=1-1&keywords=the+body+keeps+the+score
- Trauma –informed practice & organisations:
- Beacon House specialist trauma team resources available at <https://beaconhouse.org.uk/useful-resources/>.
- Safe Hands Thinking Minds lead by Dr Karen Treisman at <http://www.safehandsthinkingminds.co.uk/>

Unaccompanied Minors in the UK Care System:

The impact of prolonged insecurity on health.

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Social Paediatrics

Child Health Problems with;

- Social Causes,
- Social Consequences &
- Children's Access to Healthcare in Society.



ISSOP

**INTERNATIONAL SOCIETY for
SOCIAL PEDIATRICS and CHILD HEALTH**

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Unaccompanied
Asylum
Seeking
Children (UASC)
in the UK



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Health risks Before, During & After migration



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UASC in care



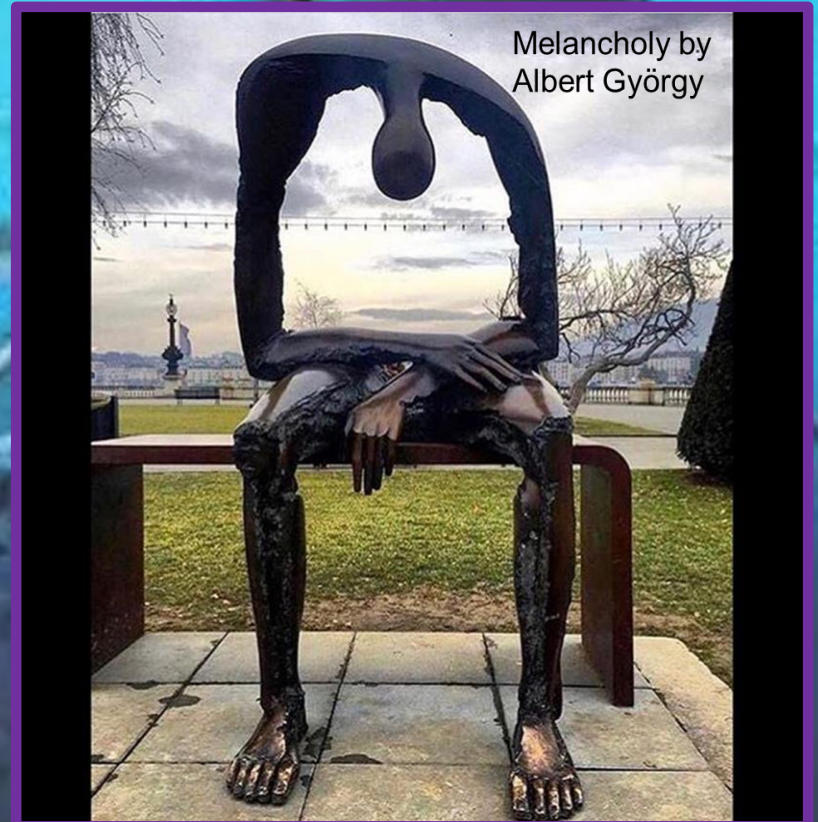
Understanding Trauma & Toxic Stress

Table 1. The Trauma Continuum

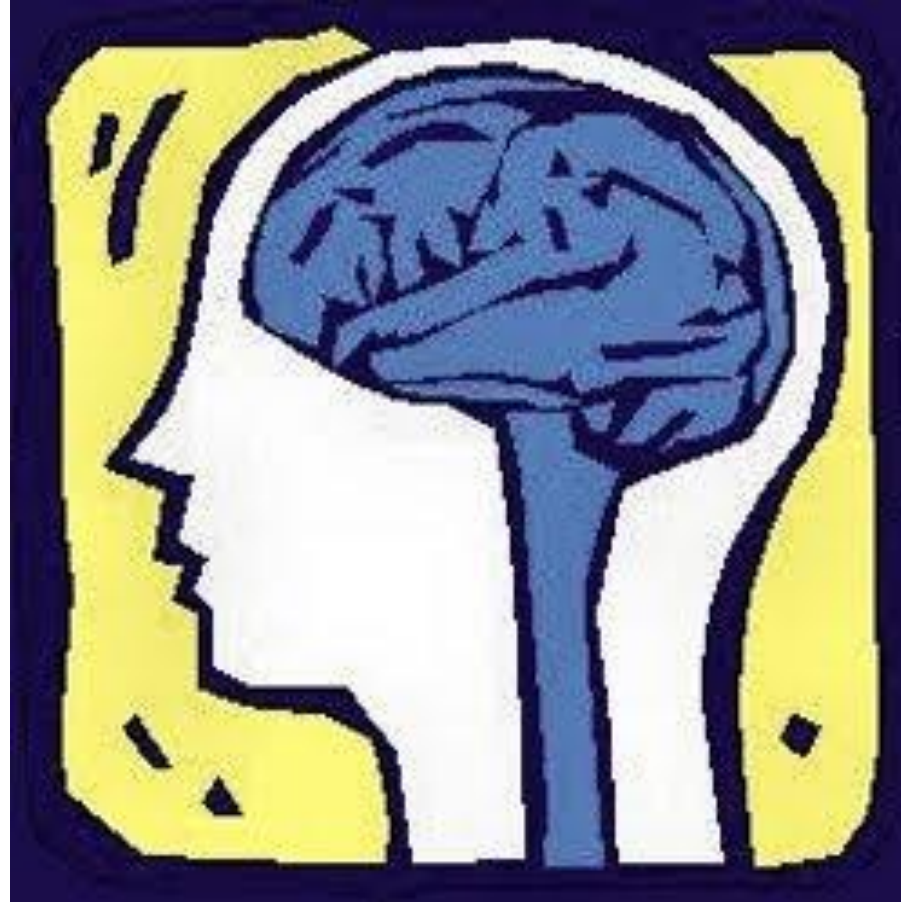
TYPE 1 TRAUMA	TYPE 2 TRAUMA	TYPE 3 TRAUMA
Single incident trauma	Multiple traumas	Multiple pervasive traumas from an early age that continue over a length of time.



(Reproduced with permission. de Thierry, E (2015). Teaching the child on the Trauma Continuum. Grosvenor House Publishing, Guildford.)



The Adolescent Brain



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What clinicians are saying about UASC health



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Is prolonged
insecurity a
major threat to
health &
development?



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Thank you

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