



South Southwest (HHS Region 6)

PTTC

Prevention Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

# Ten Principles of Trauma-Informed Care and Self-Care for Prevention Professionals

## Additional Resources

### *ACEs and Trauma, Toxic Stress*

#### **The Prevalence of ACEs Nationally, by State, and by Race/Ethnicity**

<https://www.childtrends.org/publications/prevalence-adverse-childhood-experiences-nationally-state-race-ethnicity>

This brief uses data from the 2016 National Survey of Children's Health (NSCH) to describe the prevalence of one or more ACE among children from birth through age 17, as reported by a parent or guardian. The data are representative at national and state levels.

#### **Harvard University Center on the Developing Child**

**Toxic Stress:** <https://developingchild.harvard.edu/resourcetag/toxic-stress/>

The Center on the Developing Child's diverse activities align around building a research and development platform for science-based innovation, and transforming the policy and practice landscape that supports and even demands change.

#### **Resilient Georgia**

Aligning public and private efforts and resources across the state that support resiliency for all persons aged 0-26 and their families.

#### **National Landscape Scan of Trauma-Informed Care and ACEs efforts**

<https://www.resilientga.org/national-scan-tic-aces-efforts>

#### **Resources on ACEs and Trauma-Informed Care**

<https://www.resilientga.org/resources>

### *Self-Regulation, Compassion and Resiliency Programs*

#### **Trauma Resource Institute**

#### **Community Resiliency Model (CRM)**

<https://www.traumaresourceinstitute.com/crm>



The Community Resiliency Model (CRM)<sup>®</sup> trains community members to not only help themselves but to help others within their wider social network. The primary focus of this skills-based, stabilization program is to re-set the natural balance of the nervous system. CRM's goal is to help to create "trauma-informed" and "resiliency-focused" communities that share a common understanding of the impact of trauma and chronic stress on the nervous system and how resiliency can be restored or increased using this skills-based approach.

### **Compassionate Integrity Training (CIT)**

#### **Center for Compassion, Integrity and Secular Ethics at Life University**

<https://www.compassionateintegrity.org/>

A resiliency-informed program that helps cultivate human values as skills, so we can thrive as individuals and as a society within a healthy environment. By learning to calm our body and mind, become more emotionally aware, and practice compassion for ourselves and others, we learn compassionate integrity: the ability to live one's life in accordance with one's values with a recognition of common humanity, our basic orientation to kindness and reciprocity.

### **Mindfulness Based-Stress Reduction (MBSR)**

<https://www.mindfulleader.org/what-is-mbsr>

FREE: <https://academy.happiness.com/courses/online-mindful-based-stress-reduction>

FREE: <https://palousemindfulness.com/MBSR/week0.html>

Mindfulness-Based Stress Reduction is an eight-week mindfulness and stress reduction program that was created by Jon Kabat-Zinn in 1979 at the University of Massachusetts Medical Center. He initially created it for chronically ill patients who were not responding well to traditional treatments, but it is now used for a wide variety of reasons by thousands of people.

### **FREE Guided Meditation**

#### **UCLA Mindful Awareness Research Center (MARC)**

[https://www.uclahealth.org/marc/body.cfm?id=107&iirf\\_redirect=1](https://www.uclahealth.org/marc/body.cfm?id=107&iirf_redirect=1)

Every Thursday at 12:30pm, MARC holds a free, drop-in, 30-minute guided meditation session at UCLA's Hammer Museum. You can download the UCLA Mindful App, stream\*, or listen to the previous podcasts on the site. Each week has a different theme and usually includes introductory comments, guided meditation, silent practice time, and closing comments. Each also offers a new daily life practice for the week.

### **Cognitively Based Compassion Training (CBCT)**

#### **Emory University Center for Contemplative Science and Compassion-Based Ethics**

<https://compassion.emory.edu/cbct-compassion-training/index.html>

CBCT<sup>®</sup> is a system of contemplative exercises designed to strengthen and sustain compassion. Practices include training in attentional stability and increased emotional awareness, as well as targeted analytical reflections to understand better one's relationship with self and others. The reflective exercises seek critical insights into the way one's mindsets



and attitudes can be shifted to support personal resiliency, to foster an inclusive and more accurate understanding of others, and ultimately to intensify altruistic motivation.

## ***Mindfulness, Grounding and Self-Soothing Skills***

### **Mindful Breathing**

Stress, anger, and anxiety can impair not only our health but our judgment and skills of attention. One way to help deal with these difficult feelings is the practice of “mindfulness,” the ability to pay careful attention to what you're thinking, feeling, and sensing in the present moment without judging those thoughts and feelings as good or bad. Countless studies link mindfulness to better health, lower anxiety, and greater resilience to stress.

[https://ggia.berkeley.edu/practice/mindful\\_breathing#:~:text=Mindful%20breathing%20in%20p,articular%20is,or%20worries%20about%20the%20future.](https://ggia.berkeley.edu/practice/mindful_breathing#:~:text=Mindful%20breathing%20in%20p,articular%20is,or%20worries%20about%20the%20future.)

### **Bee Breathing – Yoga Bhramari Pranayama**

*Bhramari* is the Sanskrit word for “bee,” and this pranayama or breath exercise is so named for the humming sound produced - like the gentle low buzz or droning of a bee.

<https://www.premayogainstitute.com/pyi-blog/bee-breath-hum-your-way-to-health>

Effects of Bhramari Pranayama on health – A systematic review:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5755957/>

### **The Butterfly Hug**

#### **The EMDR Therapy Butterfly Hug Method for Self-Administered Bilateral Stimulation**

The EMDR Therapy Butterfly Hug (BH) method for self-administered bilateral stimulation (BLS) was originated by Lucina (Lucy) Artigas during her work with the survivors of Hurricane Pauline in Acapulco, Mexico, 1998 (Artigas, Jarero, Mauer, López Cano, & Alcalá, 2000; Boel, 1999; Jarero, Artigas, & Montero, 2008). **The BH is not a self-soothing technique.**

Desensitization (soothing) is the byproduct of the distressing material processing using the BH as a self-administered BLS method during group or individual EMDR therapy.

<https://emdrdisaster.net/wp-content/uploads/2020/05/THE-BUTTERFLY-HUG-MARCH-2020-WITH-DOI.pdf>

YouTube Video: <https://www.youtube.com/watch?v=iGGJrqscvtU>

### **Self-Soothing Dialectical Behavioral Therapy (DBT)**

<https://dialecticalbehaviortherapy.com/distress-tolerance/self-soothing/>

Our five senses of sight, hearing, smell, taste, and touch can be an effective means to reach a state of relaxation and peace. When experiencing a situation of emotional distress it is very helpful to try to relax by engaging in an activity that includes one of the five senses

### **Grounding Techniques**

<https://www.winona.edu/resilience/Media/Grounding-Worksheet.pdf>



Grounding is a set of simple strategies that can help you detach from emotional pain (e.g., anxiety, anger, sadness, self-harm). It is basically a way to distract yourself by focusing on something other than the difficult emotions you are experiencing. You may also think of grounding as centering, distracting, creating a safe place, or healthy detachment.

## ***FREE Self-Compassion/Mindfulness Practices***

### **Emory University**

#### **A Guided Journey to Compassion (FREE)**

<https://compassionshift.emory.edu>

The Compassion Shift is an initiative of the Emory Center for Contemplative Science and Compassion-Based Ethics to help people uncover and evolve the compassion within and advance a global culture of compassion. Take the compassion quiz, view videos and meditations, and learn how to make compassion an intentional part of each day.

### **Center for Mindful Self-Compassion**

<https://centerformsc.org/>

Training and resources to help you cultivate a deep understanding and personal practice of self-compassion.

### **Mindfulness and Compassion Week, June 7-13**

#### **Mindful Self-Compassion (MSC)**

<https://self-compassion.org/event/free-mindfulness-compassion-week-register-here/>

Learn proven, practical ways that mindfulness and compassion can help you in your own life. And explore the powerful roles they can play in developing exceptional leaders; creating happier, healthier, and more productive workplaces; and transforming society.

## ***Screening for Secondary Traumatic Stress***

### **Professional Quality of Life Measure (ProQOL)**

[https://proqol.org/ProQol\\_Test.html](https://proqol.org/ProQol_Test.html)

The ProQOL is the most commonly used measure of the negative and positive effects of helping others who experience suffering and trauma. The ProQOL has sub-scales for compassion satisfaction, burnout, and compassion fatigue.

