

RESOURCE LIST 2020

Linda Chamberlain, PhD MPH

Capacitar Trainer
iRest Level 2 Teacher
HeartMath Practitioner
Safe and Sound Protocol Associate
Guild Certified Feldenkrais Practitioner (GCFP)
Tension and Trauma Release Exercise (TRE) Practitioner

www.drlindachamberlain.com

Listed below are resources discussed in my keynotes and workshops on resilience-building practices. These practices may be used by adults and adapted for youth and children. On-line resources can be located by searching for the name of the resource listed below or cutting and pasting the links provided. The information below is an introduction to resources. If you and/or your children are working with a clinician, therapist, counselor or other type of service provider, always discuss any practices you are interested in with your or your child's service providers first.

1. **HARD TIMES AND HEALING TOOLKIT: A Resilience Framework for Domestic Violence (DV) and Adverse Childhood Experiences (ACEs).** PowerPoint presentation with notes by Dr. Chamberlain.

<http://www.acesconnection.com/g/aces-in-the-arctic/blog/toolkit-on-domestic-violence-and-aces-now-available>

2. **RESOURCES ON VICARIOUS TRAUMA AND RESILIENCE**

- a. **What About You? A Workbook for Those Who Work with Others. The National Center on Family Homelessness.** Download at: <http://508.center4si.com/SelfCareforCareGivers.pdf>
- b. National Child Traumatic Stress Network, Secondary Traumatic Stress Committee. (2011). **Secondary Traumatic Stress: A Fact Sheet for Child-Serving Professionals.** Los Angeles, CA and Durham, NC: National Center for Child Traumatic Stress. Download at: <https://www.nctsn.org/resources/secondary-traumatic-stress-fact-sheet-child-serving-professionals>
- c. **Vicarious Resilience, Vicarious Trauma, and Awareness of Equity in Trauma Work.** Hernandez-Wolfe P. & Killian K.D. (2014). *Journal of Humanistic Psychology*. DOI: 10.1177/002216781453422
- d. **The Compassion Fatigue Workbook** by Francoise Mathieu. Routledge & Francis Group. 2012.
- e. **Trauma Stewardship** by Laura Van DerNoot Lipsky. Berrett-Koehler Publishers. 2009.

3. RESOURCES ON GRIEF

- a. Lucy Hone, Resilience Researcher, TEDx Talk on *Three Secrets of Resilient People*, Go to: https://www.ted.com/talks/lucy_hone_3_secrets_of_resilient_people?language=en
- b. *Resilient Grieving: Finding Strength and Embracing Life After a Loss That Changes Everything* by Lucy Hone, The Experiment Publishing Company. 2017.

4. RESOURCES ON BREATH

- a. <HTTPS://WWW.SCIENTIFICAMERICAN.COM/ARTICLE/PROPER-BREATHING-BRINGS-BETTER-HEALTH/>
- b. <HTTPS://YOGAFORDEPRESSION.COM/BEE-BREATH-BRAHMARI-PRACTICE/>
- c. **THE HEALING POWER OF THE BREATH**, Richard Brown, MD & Patricia Gerbarg, MD (2012)
- d. **BREATH: THE NEW SCIENCE OF A LOST ART** BY JAMES NESTOR (2020)
- e. **CONSCIOUS BREATHING** BY ANDERS OLSSON (2014)

5. CAPACITAR EMERGENCY TOOLKIT OF HEALING PRACTICES

- a. Download the **Capacitar Emergency Toolkit** (PDF) now available in more than 20 languages. Go to: <https://capacitar.org/>
- b. **Webinars** featuring Dr. Chamberlain demonstrating tools to Promote Resilience, Self-Regulation and Well-Being
Directly on YouTube <https://youtu.be/n5asuwDRJCU>
And in MARC Brown Bag archives: <http://marc.healthfederation.org/brownbag>
- c. **Videos made by Homer, Alaska R.E. C. Youth** on Capacitar strategies, featuring Dr. Chamberlain. Go to following website and select “Capacitar Emergency Toolkit Training” <http://www.skp-resilience.mappofskp.net/resources-tools/>

6. RELAXATION RESPONSE AND “ONE” BREATH

Information on the decades of research and relaxation response and instructions for “One” breathing can be found at the following websites:

<https://www.health.harvard.edu/blog/using-the-relaxation-response-to-reduce-stress-20101110780>

<http://www.relaxationresponse.org/steps/>

<https://www.psychologytoday.com/us/blog/heart-and-soul-healing/201303/dr-herbert-benson-s-relaxation-response#:~:text=As%20you%20breathe%20out%2C%20say,do%20not%20use%20an%20alarm.>

7. HEARTMATH

An extensive body of research and tools that focus on building heart coherence to manage stress, and promote self-regulation and well-being. Tools include on-line programs, curricula for schools, games for caregivers and children and optional technology to provide biofeedback on heart coherence. Heart coherence is an excellent measure of self-regulatory capacity, emotional regulation and resilience. Appropriate for children, teens and adults.

Research, on-line training, information about practices and tools can be found at:

<https://www.heartmath.com/>

The Inside Story is a free publication by HeartMath for teens that has lots of tools and practices.

Download at <https://www.heartmath.org/resources/downloads/the-inside-story/>

8. RESOURCES FOR SELF-REGULATION SKILLS, GROUNDING, BODY SCANS AND MINDFULNESS

a. **Comfy-Cozy Nest** is an online story book and additional resources for children to promote **self-regulation and special place imagery** at <https://sesamestreetincommunities.org>

b. **Resources for Parents with Simple Exercises for Children/Youth**

A Still Quiet Place (Amy Saltzman, MD, 2014)

Superkid Power Guidebook: Empower Children to Build Inner Strengths by Janai Mestrovich aka Grandma Boom (2013)

No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind (Dan Siegel & Bryson, 2014-this book reframes discipline relative to how the brain works)

Self-Reg: How to Help your Child (and You) Break the Stress Cycle and Successfully Engage with Life (2016, Penquin Press) by Stuart Shanker

c. **Websites/Tools for Children and Parents**

Blissful Kids has user-friendly information for caregivers to talk with young children about how their brains work, a free e-booklet on mindful bite-size activities and other resources at <https://blissfulkids.com/>

Greentree Yoga has free videos and other resources on one-minute and five-minute breathwork and movement for children and adults at

<http://www.greentreeyoga.org/free>

Companion website to *Superkid Power Guidebook: Empower Children to Build Inner Strengths*

(see books above); website provides free video and downloads at www.superkidpower.org

Steps for Self-Regulation for adults and children are found at following website which also addresses about how adversities and toxic stress can impact children and families.

<https://www.stresshealth.org/what-can-i-do/mindfulness/>

Using Sensory Tools for Teens with Behavioral and Emotional Problems is an article that includes information for making a Sensory Box. Download at:

http://www.ateachabout.com/pdf/OTP_Nov09_UsingSensoryTools_Teens.pdf

d. **Books on mindfulness and movement for children**

Master of Mindfulness How to Be Your Own Super Hero in Times of Stress (Laurie Grossman and Mr. Musumeci's 5th Grade Class, 2016)

Sitting Still Like a Frog Mindfulness Exercises for Kids and Their Parents (Eline Snel, 2013)

Happy Monkey, Happy Panda (Lauren Alderfer, 2011)

What Does it Mean to be Present (Rana DiOrio, 2010)

Good Morning Yoga: A Pose-by-Pose Wake Up Story (Miriam Gates and Sarah Jane Hinder, 2016)

Move Like the Animals (Stephen Rosenholtz, 1991; book and videos for young children)

e. **FREE MINDFULNESS APPs**

Practices for children, teens and adults at <https://smilingmind.com.au/>

f. **Mindfulness APP for adults**

Extensive resource for a wide range of practices including body scans, grounding, Yoga Nidra, special place meditations and mindfulness. There is a charge for courses or option of annual fee for to access all courses. <https://insighttimer.com/>

g. ***MindUp*** published by *Scholastic* is an excellent resource to teach children and youth about how their brains work. These lessons can be extracted from the rest of the content if you are not interested in the mindfulness practices that are included in the three school curricula organized by grade levels.

9. iREST (INTEGRATIVE RESTORATION)

I am an iRest teacher and, as indicated on my website, because I feel so strongly about the restorative value of this evidence-based practice which was developed and evaluated with the U.S. military, I have a community service project to share iRest with communities and service providers.

iRest is a mind-body approach that integrates guided meditation with deep relaxation techniques. iRest guides participants through ten-steps of mindfulness training. Each step is an iRest tool that can be used by itself or with other steps. While a typical iRest session is about 30 minutes in length, any tool of iRest can be used for just a moment—“*little and often*” is a key theme in practicing iRest. iRest is delivered in group practice or one-on-one. I am teaching iRest online with Zoom during COVID.

iRest is recognized as a restorative practice for building resilience and promoting well-being and healing which is the focus of the classes I am currently teach. Research indicates that iRest has been effective in working with depression, anxiety, panic attacks, sleep problems, chronic pain and traumatic stress. You can find more information about iRest, at www.irest.org and by contacting me.

10. INFORMATION ABOUT OUR AMAZING BRAINS

- a. **AMAZING BRAIN BOOKLETS** (User-friendly booklets about early and adolescent brain development, what parents and caregivers can do to promote healthy brain development and trauma). Download PDFs of booklets at Prevent Child Abuse America website under resources on resilience: <http://preventchildabuse.org/resource/resilience/>
- b. **VROOM** (<https://www.vroom.org/>) Website and App to coach parents on being brain builders for young children. User-friendly science and lots and lots of activities for caregivers to use to build children’s brains.

11. ONLINE RESOURCES FOR EMOTIONAL FREEDOM TECHNIQUE (TAPPING)

a. BATTLE TAP Warrior Stress Reset Protocol

BATTLE TAP is a free online, anonymous self-help tool for public service professionals and first responders who may experience emotional or psychological distress. There is a video tutorial on how to do tapping. Go to <http://battletap.org/home.aspx>

b. EFT Universe Website This website has many resources on Emotional Freedom Technique/Tapping including a section on research studies and links to a free search engine (Pub Med) based at the United States National Library of Medicine at the National Institutes of Health where you can access the abstracts of published journal articles. Go to www.eftuniverse.com and select “Research.”

12. ONLINE RESOURCES FOR FAMILIES EXPERIENCING ADVERSITIES/TOXIC STRESS

a. ACEsConnection Website

Website that is being updated daily with new information about Adverse Childhood Experiences (ACEs). There is an on-line community for parents that features speakers, live chats and resources. Go to www.acesconnection.com

b. Stress Health Website

Website and newsletter with information on the potential effects of adverse childhood experiences (ACEs) on families and strategies to help children and parents/caregivers overcome adversities and prevent toxic stress. Go to <https://www.stresshealth.org/#whats-toxic-stress>