

ENGAGE – LIST OF LINKS TO FURTHER INFORMATION

DR BRUCE PERRY	<p><u>Book:</u> The Boy Who was Raised as a Dog <u>Book:</u> Born for Love</p>	<p>Both books are short stories from Dr Perry’s experience of working with children who have experienced trauma</p>
	<p><u>Child Trauma Academy Channel</u> https://www.youtube.com/channel/UCf4ZUgIXyxRcUNLuhimA5mA</p>	<p>These short videos on Youtube cover some neuroscience topics. Check out the SevenSlides series.</p>
	<p>www.Childtrauma.org</p>	<p>Child Trauma Academy is where Dr Perry and his team work. There are many articles and other links on the resource section of this website</p>
DR LAURENCE STEINBERG	<p><u>Book:</u> Age of Opportunity</p>	<p>Good book for three stages of Adolescence. Has sections in it to guide parents of adolescents</p>
	<p><u>Website:</u> www.laurencesteinberg.com</p>	<p>Further links from Dr Steinberg</p>
DR DAN SIEGEL	<p><u>Book:</u> Brainstorm</p>	<p>Slightly more intense book about adolescence. Good if you are keen to learn in depth concepts</p>
	<p><u>Video:</u> https://www.youtube.com/watch?v=1V0rDSTC9I</p>	<p>Excellent short clip about the effect of screens on sleep. It also covers why sleep is important. RECOMMENDED</p>
	<p><u>Website:</u> www.drdansiegel.com</p>	<p>More from Dr Siegel. A lot of information about mindfulness here</p>

HARVARD CENTRE
ON THE
DEVELOPING CHILD

Video: Number of video series

<https://www.youtube.com/channel/UChBjCaJyswxsEqz26TZrWRw>

Really good series covering many topics relevant to parents, professionals, trauma workers etc. Well worth a look. They add to this, so keep coming back for a look

Website:

www.developingchild.harvard.edu

ROBERT WINSTON

<https://vimeo.com/142378753>

Neat quick video to help understand how myelination works. Shows how difficult it is to create the first connection between cells, and how repetition creates an easier and faster communication.

SARAH-JAYNE
BLAKEMORE

Video:

https://www.ted.com/talks/sarah_jayne_blakemore_the_mysterious_workings_of_the_adolescent_brain?language=en

This video covers a study done that explains a lot around adolescent behaviour, especially around perspective taking. This one is quite long, so grab a cup of tea or coffee first!

ENGAGE ANIMATED
VIDEOS – ‘COOKIE’
& ‘KEY’ STORIES

http://www.engagetraining.co.nz/store/c1/Featured_Products.html

These animated videos explain the role of the managing brain, and the affect stress can have on us. Short and easy to watch. Share with the kids and your partner – good way to start a discussion.

ENGAGE
STORYPARK VIDEO –
WHY CHILDREN
NEED STRESS

https://www.youtube.com/watch?v=pf2gcxe13_M&t=1s

This video was produced by Storypark in association with Engage. It is a 7min summary of how engaging in stress can build resilience