

RESOURCE PAGE



Understanding a Trauma Informed Approach to Support Resource Page

 VISIT

WEBSITE:

Dr. Karyn Harvey's Website, [click here](#)

 WORKSHEETS

Goodbye Book (as mentioned in the webcast)

[Click here to download](#)

Happiness Assessment (as mentioned in the webcast)

[Click here to download](#)

Happiness Assessment for Staff (as mentioned in the webcast)

[Click here to download](#)

 READ

CDC-Kaiser adverse childhood experiences (ACE) Study: The ACE Pyramid

[Click here to learn more](#)

Trauma and Healing in the Lives of People with Intellectual Disability by Dr. Karyn Harvey [Click here to learn more](#)

The Boy Who Was Raised as a Dog by Dr. Bruce Perry

[Click here to learn more](#)

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Dr. Bessel van der Kolk

[Click here to learn more](#)

Books Beyond Words

Books Beyond Words is a series of word-free picture stories that explores feelings and relationships in everyday, like neighbourliness and belonging; of loneliness, friendship and love; and of different ways to cope with traumatic events in our lives.

[Click here to learn more](#)

Are Difficult Behaviours Described in Intellectual and Developmental Disabilities and Autism Actually Adaptive Responses to Feeling Unsafe? (2022)

[Click here to learn more](#)



SLIDES

Below are the slides referred to by Dr. Karyn Harvey. One is on the health risks of loneliness, and the other describes the elements necessary for post-traumatic recovery.

Vivek Murthy - Health Risks of Loneliness

Increased Risk of Heart Disease – 29%

Increased Risk of Dementia – 50%

Increased Risk of Stroke – 32%

Ingredients Necessary for Post-traumatic Recovery

