

Video Library

ACE Score and Resilience

ACES Primer HD (4.59 min) <https://www.youtube.com/watch?v=ccKFkcfXx-c>

Building Resilience: Remarks from Nadine Burke Harris

(3:11min) <https://www.youtube.com/watch?v=tMaBi-SVPjo>

How childhood trauma affects health across a lifetime | Nadine Burke Harris

(16:02 min) <https://www.youtube.com/watch?v=95ovIJ3dsNk>

Coping with Early Adversity and Mitigating its Effects—Core Story: Resilience

(6:59 min) <https://www.youtube.com/watch?v=eS13oNQNAOg>

InBrief: The Science of Neglect (5:57 min) <https://www.youtube.com/watch?v=bF3j5UVCSCA>

Moving from ACEs to RESILIENCE—youth (5:32 min)

<https://www.youtube.com/watch?v=-pnhFmdz-ig>

How to overcome Childhood Emotional Neglect (9:38 min)

<https://www.youtube.com/watch?v=HtDIFA5KhWo>

The Impact of Early Emotional Neglect (4:43 min)

<https://www.youtube.com/watch?v=aymvX-OrISO>

What Trauma Taught Me About Resilience | Charles Hunt

| TEDxCharlotte (14:21 min)

https://www.youtube.com/watch?v=3qELiw_1Ddg

Paper Tigers and Resilience and ACES (5 minutes)

<https://www.youtube.com/watch?v=cckFkcfXx-c>

Boundaries

Personal Boundaries: 5 ways to teach people how to treat us properly! (6:49 min)

<https://www.youtube.com/watch?v=KhW4g9urdXQ>

Burnout and Self-Care

Beyond the Cliff | Laura van Dernoot Lipsky |
TEDxWashingtonCorrectionsCenterforWomen (19:23 min)

<https://www.bing.com/videos/search?q=beyond+the+cliff+ted+talk&view=detail&mid=598E92DE3300A77503FA598E92DE3300A77503FA&FORM=VIRE%20>

Drowning in Empathy: The Cost of Vicarious Trauma | Amy Cunningham
(12:11 min) <https://www.youtube.com/watch?v=Zsaorjlo1Yc>

Five Simple Ways to Avoid Burnout | Social Work (5:59 min)

<https://www.youtube.com/watch?v=VqI5CqgwdYA>

Dealing with burnout and fatigue- How your brain needs fun and passion in your
life. (5:35 mins) <https://www.youtube.com/watch?v=KWTZZNRoKUU>

Flow State: concentration is fully in (gardening, dance, yoga, hiking, walking, let lose). 3 steps

Balance, Burnout and the Search for Centre| Emily Bremner | (7:02 mins)

<https://www.youtube.com/watch?v=lblWjcTKYa8>

How To Lean In Without Burning Out: Vanessa Loder at TEDxFiDiWomen
(18:43) <https://www.youtube.com/watch?v=tJ1YWDnFjBo>

Flow by Mihaly Csikszentmihalyi | animated book review (5:20 mins)

<https://www.youtube.com/watch?v=8h6IMYRoCZw>

Burnout & Overworking Yourself Animated (8:39 min)

<https://www.youtube.com/watch?v=Mt-YuVhsvpY>

How to Recover From Burnout in 5 Steps (10:34 min / steps start at 3 mins in)

<https://www.youtube.com/watch?v=sYYuiVRFzrM>

Burnt Out: Burnout or Career Change four tips (6:51 mins)

<https://www.youtube.com/watch?v=XV503rsy0ns>

5 ways to Practice Self Care At Work| Michelle Booth| (3:11 min)

<https://www.youtube.com/watch?v=nJgXdiperVc>

A Self-Care Action Plan (5:01 min)

<https://www.youtube.com/watch?v=w0iVTQS8ftg>

Self Care in Social Work (8:18 min)

<https://www.youtube.com/watch?v=vJ5fqsWskkE>

Why Self Care? (1:41 min)

https://www.youtube.com/watch?v=h_TyywyMv0E

Communication

10 ways to have a better conversation | Celeste Headlee | Ted (11:44 mins)

<https://www.youtube.com/watch?v=R1vskiVDwl4>

Build don't break relationships with communication - connect the dots | Amy Scott | TEDxQueenstown (11:05min) <https://www.youtube.com/watch?v=Jp9b2Hf7QWg>

How miscommunication happens (and how to avoid it) | Katherine Hampsten (4:32)

<https://www.youtube.com/watch?v=gCfzeONu3Mo>

Words Matter: The Rice Experiment (3:20 minutes)

<https://www.youtube.com/watch?v=KONliGcXRZ8&feature=youtu.be>

Bully A Plant: Say No to Bullying (2:17 min)

<https://www.youtube.com/watch?v=Yx6UgfQreYY>

Water, Consciousness & Intent: Dr. Masaru Emoto (3:15 min)

<https://www.youtube.com/watch?v=tAvzsjcBtx8>

Masaru Emoto Water Experiment - Water Consciousness (6:06 min)

<https://www.youtube.com/watch?v=eOp-bxNug5A>

Cultivating Gratitude

Expressing gratitude | Margo de Kock | TEDxMaastricht (11:20 min)

<https://www.youtube.com/watch?v=dtED3RW0Cac>

Gratitude is Good for You | John Templeton Foundation (1:30 min)

<https://www.youtube.com/watch?v=sCV-mEsASLA>

Power of POSITIVE Thinking- Attitude of Gratitude| Young Entrepreneurs Forum (3:39 min) <https://www.youtube.com/watch?v=FwyUzfCaaAc>

*The Science of Gratitude | Tremendousness| (2:07 min)

<https://www.youtube.com/watch?v=JMd1CcGZYwU>

Debriefing

Group Debrief Trauma in ER (13:22 min) <https://www.youtube.com/watch?v=m0a-KR4pKik>

Introduction to Debriefing 2013 (9:54 min) <https://www.youtube.com/watch?v=qEnjgG4zV6M>

What to Debrief (5:48 min/start at 1:30) <https://www.youtube.com/watch?v=F3pMgxA1yvw>

Why is briefing and debriefing so important? (1:08 min)

<https://www.youtube.com/watch?v=9WJvcvxPVr0>

Ecotherapy

The Healing Power of Nature! By After Skool (2:42 mins)

<https://www.youtube.com/watch?v=u8cPbYtylb0>

What is Ecotherapy? By: Eco Sapien (4:41mins)

<https://www.youtube.com/watch?v=UeV98nSrSZ4>

What is Ecotherapy? By: Rebecca Andrews (1:50 mins)

<https://www.youtube.com/watch?v=XKhJxoTmbpl>

Rx: Nature, The Psychological Benefits of Eco-Therapy (17:43 mins)

<https://www.youtube.com/watch?v=HKbNkHfu0bc>

Emotional Intelligence

Emotional Intelligence (2:51 min)

<https://www.bing.com/videos/search?q=the+effects+of+trauma+on+brain+development+video&&view=detail&mid=CFCC936F0A7ADC76C793CFCC936F0A7ADC76C793&rvsmid=3A5B29DEE7E9670C4EBA3A5B29DEE7E9670C4EBA&FORM=VDRVRV>

*Emotional Intelligence (EI) in the Workplace (1:55 min)

<https://www.bing.com/videos/search?q=the+effects+of+trauma+on+brain+development+video&&view=detail&mid=EFC496BAAB2EAF7A0FDEEFC496BAAB2EAF7A0FDE&&FORM=VDRVRV>

Leading with Emotional Intelligence in the Workplace (3:37 min)

<https://www.bing.com/videos/search?q=the+effects+of+trauma+on+brain+development+video&&view=detail&mid=0546C24288CB41D4A8FF0546C24288CB41D4A8FF&rvsmid=EFC496BAAB2EAF7A0FDEEFC496BAAB2EAF7A0FDE&FORM=VDRVRV>

Emotional Intelligence by Daniel Goleman Animated Book Summary (7:28 min)

<https://www.bing.com/videos/search?q=the+effects+of+trauma+on+brain+development+video&&view=detail&mid=0103067DB8220F05A2F90103067DB8220F05A2F9&&FORM=VDRVRV>

Trauma

Trauma and the Brain (8:44 mins)

<https://www.youtube.com/watch?v=4-tcKYx24aA&feature=youtu.be>

The Brain and Trauma – Animation (5:30 min)

<https://www.bing.com/videos/search?q=the+effects+of+trauma+on+brain+development+video&&view=detail&mid=44DDC0278FF63240535544DDC0278FF632405355&rvsmid=B4AACC13F2F060D39DE5B4AACC13F2F060D39DE5&FORM=V DQVAP>

Understanding Trauma: Learning Brain vs Survival Brain (4:57 min)

<https://www.bing.com/videos/search?q=the+effects+of+trauma+on+brain+development+video&&view=detail&mid=857C3999FF856C6DBE2E857C3999FF856C6DBE2E&&FORM=VDRVRV>

***The Three Main Parts Of Your Brain by Dr. Russ Harris (3:07 min)**

<https://www.youtube.com/watch?v=5CpRY9-MIHA>

***Phoenix Australia - Effects of Trauma (2:11 min)**

<https://www.bing.com/videos/search?q=the+effects+of+trauma+on+brain+development+video&&view=detail&mid=8714B25EF7F3E8CC2B5E8714B25EF7F3E8CC2B5E&&FORM=VDRVRV>

Signs of Trauma in Children (7:24 min)

<https://www.bing.com/videos/search?q=the+effects+of+trauma+on+brain+development+video&&view=detail&mid=FE D3F61D01B93A881D14FED3F61D01B93A881D14&&FORM=VDRVRV>

Emotions and the Brain (2:02 min)

<https://www.bing.com/videos/search?q=the+effects+of+trauma+on+brain+development+video&&view=detail&mid=3A 5B29DEE7E9670C4EBA3A5B29DEE7E9670C4EBA&&FORM=VDRVRV>

How violence changes the brain in children (1:36 min)

<https://www.bing.com/videos/search?q=self+care+for+trauma+survivors+tedtalk&&view=detail&mid=DC5097017263D 299D978DC5097017263D299D978&rvsmid=9D8A113A7FA9161039D79D8A113A7FA9161039D7&FORM=VDQVAP%20>

Trauma Recovery Website and Resources (3:16 mins)

<http://trauma-recovery.ca/>

Brené Brown

Shame (3:25 min)

https://www.youtube.com/watch?v=RZWf2_2L2v8&list=PLsMbKKq0n9d0E2M3vNBrzW5voZwXyWxNt

Empathy (2:53 mins)

<https://www.youtube.com/watch?v=1Evwgu369Jw>

6 Types of People Who Do Not Deserve to Hear Your Shame Story (5:14 min)

<https://www.youtube.com/watch?v=s8Pp7QB6GrE&list=PLsMbKKq0n9d0E2M3vNBrzW5voZwXyWxNt&index=4>

Dr. Brené Brown: You Might Be Afraid and Not Even Know It (2:22 min)

<https://www.youtube.com/watch?v=WsbdKN--m5I&list=PLsMbKKq0n9d0E2M3vNBrzW5voZwXyWxNt&index=5>

Daring Greatly: Why Vulnerability Is Your Greatest Strength (2:52 min)

<https://www.youtube.com/watch?v=Fi0IEOBDRpQ&list=PLsMbKKq0n9d0E2M3vNBrzW5voZwXyWxNt&index=6>

The power of vulnerability (20:49 min)

<https://www.youtube.com/watch?v=iCvmsMzIF7o>

Other

Self-Love, be Intentional | Caitlyn Roux | TEDxYouth@CapeTown| TEDx Talks|

<https://www.youtube.com/watch?v=DCNOJmmHLkQ>

3 tips to boost your confidence – by TED-Ed (4:16 min)

https://www.youtube.com/watch?v=l_NYrWqUR40

A STORY THAT WILL CHANGE YOUR LIFE - One of The Best Speeches Ever by Lisa Nichols (17:36 min)

<https://www.youtube.com/watch?v=5NsykK5sAWg>

How to Stop Back Talk and Get Kids to Listen (11:49 min)

<https://www.youtube.com/watch?v=VFgVUI7AjhE>

Get Comfortable with Being Uncomfortable | Luvvie Ajayi| TED Women 2017 (10:12 min)

https://www.ted.com/talks/luvvie_ajayi_get_comfortable_with_being_uncomfortable

