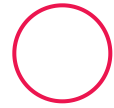




[\(<https://childsavers.org>\)](https://childsavers.org)

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7 PODCAST EPISODES TO HELP YOU STAY TRAUMA-INFORMED

January 30, 2020

Trauma is one of the leading threats to a human's physical *and* emotional health. While adults can be affected by traumatic life events after age 18, childhood ACEs (Adverse Childhood Experiences) can have the greatest effect on our lives. We've chosen seven podcast episodes that can help you better understand the deep-seated effects of ACEs and stay trauma-informed this year.

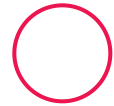
Please note: the following episodes may contain instances of abuse, trauma, or mature language. Listener discretion is advised.



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Dr. Nadine Burke Harris (https://www.ted.com/speakers/nadine_burke_harris_1)

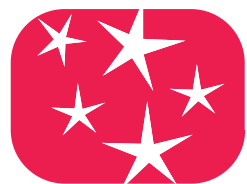
is emphatic about protecting children’s mental health, specifically in low-income areas of the United States. During her TedMed talk, Dr. Harris addresses the single largest public health threat we are facing today: childhood trauma.

The CDC

(<https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/index.html>)

found that childhood trauma dramatically increases the risk of death for adults – an almost 20-year difference in life expectancy. ACEs affect brain development, the immune system, hormones, and even the way our DNA is read. Studies also show that children living at or below the US poverty level are much more likely to experience ACEs from birth to age eighteen.

Listen to Dr. Harris’ TedTalk about acknowledging, treating, and preventing childhood trauma in our nation.



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A CRASH COURSE ON TRAUMA-INFORMED TEACHING BY TRUTH FOR TEACHERS



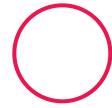
How do you cultivate and maintain a trauma-sensitive classroom? Often times, we may mistake our students' negative actions as personal or intentional. In reality, they may be responding to their current or past trauma.

In this episode of **Truth for Teachers Podcast** (<https://thecornerstoneforteachers.com/truth-for-teachers-podcast/>), **Angela Watson** (<https://thecornerstoneforteachers.com/about/>) offers a simple guide to shaping a trauma-informed classroom. This includes simple preventative and interventive measures as well as the importance of setting boundaries.



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TRADITIONAL PARENTING VS. TRAUMA-INFORMED PARENTING BY THE FORGOTTEN PODCAST



Raising a child that's experienced traumatic life events may look a little different than traditional parenting. Perhaps your child has experienced extreme food insecurity, domestic abuse, a house fire, or the loss of a parent. Simple events like a family pillow fight or a book dropping to the ground may cause a child to react in flight (running away), fight (becoming hostile or worked up), or freezing (not speaking or isolating themselves).

Jami Kaeb (<https://theforgotteninitiative.org/podcast/>) and author/seasoned foster parent, Kristin Berry, provide practical insight for parents, foster parents, and guardians who are longing to connect with their children. Particularly those who have been traumatized by



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iTunes (<https://podcasts.apple.com/us/podcast/traditional-parenting-vs-trauma-informed-parenting/id1106738239?i=1000430595392>) | **Spotify**

(<https://open.spotify.com/episode/4ubBVdqjLgAJJQ32yd7QhA>) | **Listen online**

(<https://theforgotteninitiative.org/s6ee/>).

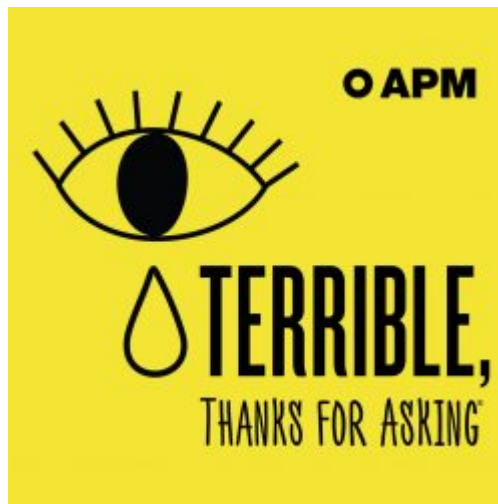
BESSEL VAN DER KOLK – HOW TRAUMA LODGES IN THE BODY BY ON BEING



You won't want to miss Peabody Award-winning broadcaster, **Krista Tippett** (<https://onbeing.org/our-story/krista-tippett/>), as she interviews psychiatrist and Boston University professor, Bessel van der Kolk. During this hour-long conversation, you'll learn how some experiences imprint themselves in not just our mind, but our body as well.



WHAT HAPPENED TO YOU (PART 1, 2 AND 3) BY TERRIBLE,
THANKS FOR ASKING



Terrible, Thanks for Asking (<https://www.ttfa.org/>) (TTFA for short) is about as real as it gets. Throughout this three-part series*, Nora McInerney urges us to ask “what happened to you” instead of “what’s wrong with you?” Listen to Brit’s 3-part story of building resilience to her childhood trauma.

**Please note these episodes contain mature language and instances of verbal abuse.*



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Part 2 Episode 86: iTunes (<https://podcasts.apple.com/us/podcast/86-what-happened-to-you-part-2/id1126119288?i=1000456630618>) | Spotify (<https://open.spotify.com/episode/5jzgtZzDGyJwERI5YC64dD>) | Listen online (<https://www.ttfa.org/episode/2019/11/12/86-what-happened-to-you-part-2>)

Part 3 Episode 87: iTunes (<https://podcasts.apple.com/us/podcast/87-what-happened-to-you-part-3/id1126119288?i=1000457269446>) | Spotify (<https://open.spotify.com/episode/7tWsLOWyvlealG5317gFqn>) | Listen online (<https://www.ttfa.org/episode/2019/11/19/87-what-happened-to-you-part-3>)

ChildSavers (<https://childsavers.org>) ‘mission is to guide our community’s children through life’s critical moments with trauma-informed mental health and development services. With nearly 100 years of service in Richmond, VA, our staff works relentlessly to ensure all children can be safe, happy, healthy, and ready to learn.

*In addition to services for children, families, and child care providers, we offer trauma training to help teachers, parents, schools, and community leaders stay trauma-sensitive. **Learn more (<https://childsavers.org/services/trauma-and-resilience-trainings/>)** about our training opportunities or **schedule a personalized training** (<https://childsavers.org/schedule-trt/>) event in your area.*



[PREVIOUS POST \(HTTPS://CHILDSAVERS.ORG/INSIDER-WINTER-2020/\)](https://childsavers.org/insider-winter-2020/)



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Fax (804) 649-2151

Immediate Response (24/7) for mental health and trauma crisis involving a child call:

804-305-2420

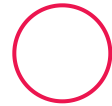
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