

ENGAGE – LIST OF LINKS TO FURTHER INFORMATION

DR BRUCE PERRY

Book: The Boy Who was Raised as a Dog
Book: Born for Love

Both books are short stories from Dr Perry's experience of working with children who have experienced trauma

Child Trauma Academy Channel

<https://www.youtube.com/channel/UCf4ZUgIXyxRcUNLuhimA5mA>

These short videos on Youtube cover some neuroscience topics. Check out the SevenSlides series.

www.Childtrauma.org

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

DR LAURENCE
STEINBERG

Book: Age of Adolescence

Good book for three stages of Adolescence. Has sections in it to guide parents of adolescents

Website: www.laurencesteinberg.com

Further links from Dr Steinberg

DR DAN SIEGEL

Book: Brainstorm

Slightly more intense book about adolescence. Good if you are keen to learn in depth concepts

Video:

<https://www.youtube.com/watch?v=1V0rDSTC9I>

Excellent short clip about the effect of screens on sleep. It also covers why sleep is important. RECOMMENDED

Website: www.drdansiegel.com

More from Dr Siegel. A lot of information about mindfulness here

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

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 are two animated videos I have produced. They 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