***What is Trauma?***

YouTube: <https://www.youtube.com/watch?v=uraDbhfFvsk&t=3s>

Owner: The National Council for Mental Wellbeing

Beneficial Content: Defines trauma, adverse childhood events, and impacts of ACEs

***SAMHSA’s Concept of Trauma and Guidance for a Trauma-Informed Approach***

PDF: <https://ncsacw.samhsa.gov/userfiles/files/SAMHSA_Trauma.pdf>

Owner: SAMHSA

Beneficial Content:

* Concept of Trauma (p. 7)
* Trauma-Informed Approach: Key Assumptions and Principles (p. 9)

# ***Psychological First Aid (PFA) to Support Clients Affected by the Crisis in Afghanistan***

Webinar: <https://www.youtube.com/watch?v=r4cd9Vm8DAE>

Owner: Switchboard

Objectives:

* Recognize the importance of cultural awareness in supporting Afghan evacuees;
* Describe the goals and purpose of psychological first aid (PFA); and
* Apply the Five Basic Principles of PFA and Four Core Actions of PFA to support clients who may be distressed.

***Remote Psychological First Aid (PFA) during COVID-19***

PDF: <https://pscentre.org/wp-content/uploads/2020/03/Remote-PFA.pdf>

Owner: IFRC

Beneficial Content:

* Action principles for PFA (p. 7)
* Key response phrases (p. 12)
* Dos and don’ts of PFA (p. 22)

***NPCT Info Guide - Effective Messaging and Trauma-Informed Care Approaches***

PDF: <https://switchboardta.org/resource-files/NPCT%20Info%20Guide%20-%20Community%20Engagement%20-%20Effective%20Messaging%20and%20Trauma-Informed%20Care%20Approaches.pdf>

Owner: National Partnership for Community Training

Beneficial Content:

* Engaging Mental Health Community Partners (p. 3)
* Overview of Trauma Informed Care (p. 4)

***Trauma Informed Care: Movement Towards Practice***

YouTube: <https://www.youtube.com/watch?v=OPn_O_f3uEI&t=30s>

Owner: Switchboard

Objectives:

* Define trauma awareness and recognize it through practical examples;
* Describe principles of trauma-informed care in practice;
* Name at least two strategies (individual and agency-based) that nurture trauma- informed programming; and
* Discuss the role of cultural considerations in trauma-informed care.

# ***Trauma Informed Care: Preventing Crises and De-escalating Difficult Situations***

YouTube: <https://www.youtube.com/watch?v=osEQg7DV7Lo>

Owner: Switchboard

Objectives:

* Describe prevention skills that can be used in case management;
* Name at least two techniques you can use to de-escalate situations; and
* Share case management practices that are holistic and trauma informed.

***Pocket Guide to Supporting Survivors of Gender Based Violence***

PDF: <https://gbvguidelines.org/wp/wp-content/uploads/2018/03/GBV_PocketGuide021718.pdf>

*\* Can also be downloaded as an app on Google Play Store of iTunes App Store by searching “GBV Pocket Guide”*

Owner: GBV Guidelines

Beneficial Content:

* How to talk to adult survivors (p. 7)
* How to talk to support and talk to child survivors (p. 16)