Resource List

for NIC’s Becoming Trauma-Informed Series

The following resources have been compiled from the three sessions of NIC’s 2020 Becoming Trauma-Informed Webinar series. Videos and other details about these sessions can be found on the nicic.gov website.

- The Association between ACEs and Criminal Justice Involvement, Part 1
- Trauma-Informed Treatment and Theory, Part 2
- Becoming Trauma Informed and Moving to Trauma Responsive, Part 3

Center for Gender and Justice
https://www.centerforgenderandjustice.org/

Envisioning Justice Solutions
https://www.envisioningjusticesolutions.com/

ACES


Organizational Change

Creating Presence

Moving from Trauma-Informed to-Trauma Responsive.
Center City, MN: Hazelden.

The Trauma-Informed Effective Reinforcement (TIER) System.
Center for Gender & Justice.

Research links

Covington, S.
https://www.centerforgenderandjustice.org/research-papers.php
https://www.stephaniecovington.com/research-
https://www.stephaniecovington.com/assets/files/Soical%20Work%20Chapter%207%20Trauma-Informed%20Corrections%20FINAL.pdf

Messina, N.
https://www.envisioningjusticesolutions.com/research-ejs
https://www.journalofsubstanceabusetreatment.com/article/S0740-5472(09)00150-0/fulltext

Staff Training and Development

A Brief Conversation

Covington, S.
Becoming Trauma Informed

• Becoming Trauma Informed: A Focus on Youth. (2020). Center for Gender & Justice.
Secure Housing Units


Trauma


SAMHSA. (2014). SAMHSA’s Concept of Trauma and Guidance for a Trauma-Informed Approach. SAMHSA’s Trauma and Justice Strategic Initiative.

**Trauma-Focused & Gender-Responsive Treatment Programs**

- Healing Trauma: A 6-Session Brief Intervention for Women (Covington & Russo, 2011, rev 2016)
- Exploring Trauma: A 6-Session Brief Intervention for Men (Covington & Rodriguez, 2017)
- Beyond Trauma: A Healing Journey for Women, 12-Sessions (Covington, 2003; rev 2016)
- Helping Men Recover: A Program for Treating Addiction, 18 Sessions (Covington, Griffin, & Dauer, 2011)
- Voices: A Program of Self-Discovery and Empowerment for Girls, 18 sessions (Covington et al., 2004; rev 2017)
- A Young Man’s Guide to Mastery, 14 sessions (Covington & Rodriguez, 2014)
- Seeking Safety: Treatment for Trauma/PTSD and Substance Abuse, 25 topics (Najavits, 2002; rev 2013)
- Trauma Recovery and Empowerment Model for Treating PTSD in Women (TREM; 24-29 modules) (Harris, 1998)
- Men’s Trauma Recovery and Empowerment Model (M-TREM; 24 modules) (Harris et al., 2021)

**Violence Prevention**


Gender Definitions
http://www.teachingtransgender.org/

Resources mentioned in Chat
Videos
Toxic Stress Video Clip (Relentless Stress)
Center for the Developing Child, Harvard University
https://developingchild.harvard.edu/guide/a-guide-to-toxic-stress/

Social and Behavioral Determinants of Toxic Stress
https://developingchild.harvard.edu/resources/social-behavioral-determinants-toxic-stress/

Social and Behavioral Determinants of Toxic Stress
https://developingchild.harvard.edu/resources/social-behavioral-determinants-toxic-stress/

Stress and Resilience: How Toxic Stress Affects Us, and What We Can Do About It

Honor yard
https://www.youtube.com/watch?v=Xo_RUSuk4s8

A film about childhood trauma behind bars using the ACE test:
https://vimeo.com/398088783

The Change is Happening: North Dakota Training
https://vimeo.com/446887442

VICE | 'Raised in the System' Season 6 Premiere | Full Episode | HBO
https://www.youtube.com/watch?v=yq3uVJQN8Gw

Books
Burke Harris, Nadine (2018).
The Deepest Well: Healing the Long-Term Effects of Childhood Adversity.

Nakazawa, Donna Jackson (2015).
Childhood Disrupted: How Your Biography Becomes Your Biology, and How You Can Heal.