

Trauma Informed Care (TIC) Resource List

Books and Articles

Armstrong, T. (2019). *Mindfulness in the classroom: Strategies or promoting concentration, compassion, and calm.* ASCD.

Costello, B., Wachtel, J. & Wachtel, T. (2009). *The restorative practices handbook for teachers, disciplinarians and administrators.* International Institute For Restorative Practices. www.iirp.edu

Educational Leadership (October 2015). Emotionally Healthy Kids, 73(2). www.ascd.org

Forbes, H.T. (2012). *Help for billy: A beyond consequences approach to helping challenging children in the classroom.* Beyond Consequences Institute, LLC.

Forbes, H.T. & Sporleder, J. (2017). *A study guide for help for billy.* Beyond Consequences Institute, LLC. www.BeyondConsequences.com

Jennings, P.A. (2015). *Mindfulness for teachers: Simple skills for peace and productivity in the classroom.* W.W. Norton & Company

Massachusetts Advocates for Children (2005). *Helping traumatized children learn: Supportive school environments for children traumatized by family violence*, Vol 1. www.massadvocates.org

Massachusetts Advocates for Children (2013). *Helping traumatized children learn: Safe, supportive learning environments that benefit all children*, Vol 2. www.massadvocates.org

Palmer, L. (2012). *PTSD workbook for teens: Simple, effective skills for healing trauma.* Instant Help Books. www.newharbinger.com

Siegel D.J. (2013). *Brainstorm: The power and purpose of the teenage brain.* Penguin Group.

Souers, K. & Hall P. (2016). *Fostering resilient learners: Strategies for creating a trauma-sensitive classroom.* ASCD.

Souers, K. & Hall P. (2019). *Relationship, responsibility and regulation.* ASCD.

The National Child Traumatic Stress Network (nd) Trauma toolkit. www.nctsn.org/resources/audiences/school-personnel/trauma-toolkit

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The National Trauma and Learning Policy Initiative (nd). *Helping traumatized children learn*. <https://massadvocates.org/tlpi>

Wolpow, R., Johnson, M., Hertels, R. & Kincaid, S. (2009). *The heart of learning and teaching: Compassion, resiliency and academic success*. <https://www.k12.wa.us/compassionateschools/resources.aspx>

Zacharian, D., Alvarez-Ortiz, L. & Haynes, J. (2017). *Teaching to strengths: Supporting Students living with trauma, violence, and chronic stress*. ASCD.

Websites

ACEs Connection blog - <https://www.acesconnection.com/g/aces-in-education>

Aces Too High blog - <https://acestoohigh.com>

Administration for Children and Families, USDHHS - <https://www.acf.hhs.gov/trauma-toolkit/schools>

Community Resilience initiative - <https://criresilient.org>

Trauma and Learning Policy Initiative - <https://traumasensitiveschools.org>

Debi's "Go To" Trauma Informed Care (TIC) Resource List

Debi Neat, M.Ed., partners with educators to create safe social and emotional learning spaces. She helps adults recognize the importance of building relationships with students first. Debi taught at the Nevada State correctional facility for youth and then served as Prevention Programs Coordinator for Tolleson Union High School District and as a staff developer for Phoenix Union High School District. She is currently a Learning Systems Facilitator and Coach with KOI Education. Debi holds a Masters Degree in Education from Northern Arizona University in Curriculum and Instruction.

