

ENGAGE – LIST OF LINKS TO FURTHER INFORMATION

DR BRUCE PERRY	<u>Book:</u> The Boy Who was Raised as a Dog	Both books are short stories from Dr Perry's experience of working with children who have experienced trauma
	<u>Book:</u> Born for Love	
	<u>Youtube</u> – SevenSlideSeries	
	www.Childtrauma.org	These short videos on Youtube cover some neuroscience topics with just seven slides. Easy to watch.
		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	<u>Book:</u> Age of Adolescence	Good book for three stages of Adolescence. Has sections in it to guide parents of adolescents
	<u>Website:</u> www.laurencesteinberg.com	Further links from Dr Steinberg
DR DAN SIEGEL	<u>Book:</u> Brainstorm	Slightly more intense book about adolescence. Good if you are keen to learn in depth concepts
	<u>Video:</u> http://www.businessinsider.com/smartphone-impact-brain-body-sleep-2015-2	Excellent short clip about the effect of screens on sleep. It also covers why sleep is important. RECOMMENDED
	<u>Website:</u> www.drdansiegel.com	More from Dr Siegel. A lot of information about mindfulness here

HARVARD CENTRE
ON THE
DEVELOPING CHILD

Video: The InBrief video series

Website: developingchild.harvard.edu

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

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.