

# Family Hubs, Start for Life

## Trauma Informed Practice Resource Pack

\*Please note this is not an exhaustive list, but a selection of relevant resources approved by the C-TIPS team, Islington CAMHS.

### Post Traumatic Stress Disorder (PTSD) and Complex Developmental Trauma

#### The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma (Bessel van der Kolk, 2015)

Explores how trauma can alter brain function and lead to long-lasting physical and emotional effects.

The author emphasises the importance of understanding trauma not just as a psychological issue, but as something that affects the entire body. The book also highlights various healing methods, including therapy, mindfulness, and body-based treatments, offering hope for recovery and showing how individuals can regain control over their lives.

#### Resource

##### Book:

For both professionals and recommending to service users

[The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma: Amazon.co.uk: Kolk, Bessel van der: 9780141978611: Books](https://www.amazon.co.uk/dp/0141978611)



#### The National Child Traumatic Stress Network

The NCTSN is a U.S. organization that aims to raise awareness about the impact of trauma on children and promote effective treatments.

Includes comprehensive resources on trauma and trauma informed care for children and families (such as fact sheets, podcasts, webinars, training resources)

#### Resource

##### Website:

<https://www.nctsn.org/>

UK Trauma Council	Resource
<p>The UK Trauma Council advocates for trauma-informed care in the UK, focusing on children and young people. It brings together experts to influence policy, improve practices, and ensure services support trauma recovery.</p> <p>Provides a comprehensive collection of evidence-based resources, including articles, animations, videos, and guidance, created by leading childhood trauma experts to support individuals and organisations working with children and young people.</p>	<p><b>Website:</b> <a href="https://uktraumacouncil.org/">https://uktraumacouncil.org/</a></p>
International society for the study of trauma and dissociation	Resource
<p>The International Society for the Study of Trauma and Dissociation (ISSTD) is a global organisation dedicated to advancing the understanding and treatment of trauma and dissociation.</p> <p>Includes</p> <ul style="list-style-type: none"> <li>- Fact sheets about child and adolescent trauma for parents and professionals, along with various other resources.</li> </ul>	<p><b>Website:</b> <a href="https://www.isst-d.org/publications-resources/public-resources-home/fact-sheets/">https://www.isst-d.org/publications-resources/public-resources-home/fact-sheets/</a></p>
Research in Practice – developmental trauma	Resource
<p>Research in Practice are a charity that brings together research evidence, practice wisdom and expertise from people’s lived experience. The current briefing is focused on developmental trauma and approaches to supporting children and parents.</p>	<p><b>Briefing:</b> <a href="https://www.researchinpractice.org.uk/media/3pifwhob/support-around-children-who-have-experienced-developmental-trauma-fb-web.pdf">https://www.researchinpractice.org.uk/media/3pifwhob/support-around-children-who-have-experienced-developmental-trauma-fb-web.pdf</a></p>

## Parent Infant Attachment, Baby Brain Development and the Impact of Trauma

### Why love matters: How affection shapes a baby's brain (Gerhardt, 2004).

#### Resource

Explores the ways in which interactions with caregiver's shape baby brain development and influence long-term mental and emotional health. The book draws on neuroscience, psychology, and attachment theory to explain how the early years are foundational for forming healthy brain development. The book highlights how experiences of love and nurturing are essential for building resilience and preventing the harmful effects of trauma, and why trauma-informed care and early intervention are so vital.

#### Book:

For both professionals and recommending to parents

[Why Love Matters: How Affection Shapes a Baby's Brain : Gerhardt, Sue: Amazon.co.uk: Books](https://www.amazon.co.uk/Why-Love-Matters-How-Affection-Shapes-a-Baby-s-Brain/dp/0195306936)



### Parent Infant Foundation

#### Resource

The Parent-Infant Foundation advocates for the importance of early interventions that focus on the parent-infant relationship, particularly in the first 1,001 days of a child's life (from conception to age two).

Includes:

- Information leaflets and resources for parents on attachment and baby brain development
- Resources for professionals
- The full 1001 critical days research and campaign

#### Website:

<https://parentinfantfoundation.org.uk/about-us/>

### Association for Infant Mental Health (AIMH)

#### Resource

An infant mental health organisation providing a range of resources, training, and support for professionals working with infants, young children, and parents. AIMH focuses on promoting best practices in infant mental health, understanding the significance of early childhood experiences, and supporting the development of secure attachment between infants and their caregivers.

#### Website:

<https://aimh.uk/>

<b>Institute of Health Visiting (iHV)</b> Provides Good Practice Points (GPP) resources that look at specific traumas experienced by families with children with learning disabilities and how they can be supported.	<b>Resource</b> <b>Website:</b> <a href="https://ihv.org.uk/">https://ihv.org.uk/</a>
<b>Local Islington information on perinatal mental wellbeing</b> An Islington webpage on perinatal mental health including - A leaflet for parents on 'your emotional wellbeing during pregnancy and after birth' including self help tips - A list of resources for parents and signposting support services	<b>Resource</b> <b>Website:</b> <a href="https://findyour.islington.gov.uk/kb5/islington/directory/advice.page?id=3e-FcJ7czOg">https://findyour.islington.gov.uk/kb5/islington/directory/advice.page?id=3e-FcJ7czOg</a>
<b>Islington perinatal mental health pathway</b> A local resource for professionals highlighting various support services in Islington for perinatal and parent infant mental health support, including thresholds and how to refer.	<b>Resource</b> <b>Live document on NCL website:</b> <a href="https://cdn.gpwebsite.org/topic-downloads/1698941975-046a00d4ca234acfc78f406b5b1942f2.pdf">https://cdn.gpwebsite.org/topic-downloads/1698941975-046a00d4ca234acfc78f406b5b1942f2.pdf</a>
<b>MBRRACE UK reports</b> MBRRACE-UK is the annual investigation into the deaths of women during pregnancy, childbirth and the year after birth. The 2023 report, which looks at maternal deaths between 2019 and 2021 in the UK, finds stark and widening social inequalities linked to deprivation and disadvantage. 'Birth Companions' offers a helpful lay summary document with the key messages, alongside the full report.	<b>Resource</b> <b>Website:</b> <a href="https://www.birthcompanions.org.uk/resources/mbrance-uk-saving-lives-improving-mothers-care-2023">https://www.birthcompanions.org.uk/resources/mbrance-uk-saving-lives-improving-mothers-care-2023</a>

<b>BEAMS: Better outcomes postnatally for mums (University of Oxford)</b>	<b>Resource</b>
<p>Accessible leaflets and videos for maternal health and wellbeing coproduced with mothers with lived experience, which have been translated into multiple languages with the aim of reducing health inequalities for perinatal outcomes.</p>	<p><b>Website:</b>  <a href="https://www.phc.ox.ac.uk/research/groups-and-centres/health_experiences/beams-better-outcomes-postnatally-for-mums-outputs/BEAMS_copy">https://www.phc.ox.ac.uk/research/groups-and-centres/health_experiences/beams-better-outcomes-postnatally-for-mums-outputs/BEAMS_copy</a></p>
<b>Birth Trauma Association</b>	<b>Resource</b>
<p>The Birth Trauma Association is a UK charity focused on supporting individuals affected by traumatic birth experiences. It provides information, resources, and advocacy to help parents understand and recover from birth trauma, while also raising awareness and promoting improvements in maternity care.</p>	<p><b>Website:</b>  <a href="http://www.birthtraumaassociation.org.uk/">http://www.birthtraumaassociation.org.uk/</a></p>

## Abuse and Child Safeguarding

<b>National Society for the Prevention of Cruelty to Children (NSPCC)</b>	<b>Resource</b>
<p>A UK-based charity focused on preventing child abuse and supporting the safeguarding of children. Includes information, research and resources for professionals on a variety of topics, including: Domestic violence, parenting, online safety, sexual abuse, bullying, safeguarding and child protection.</p> <p>Sign up to the CASPAR newsletter, for free weekly email alerts to keep you up-to-date with all the latest safeguarding and child protection news, practice, policy and research.</p>	<p><b>Website:</b>  <a href="#">NSPCC Resources</a>   <a href="#">NSPCC Learning</a>        Sign up to newsletter: <a href="#">CASPAR</a>   <a href="#">NSPCC Learning</a></p>

### Child Exploitation and Online Protection (CEOP)

Education from the National Crime Agency. Includes;

- Child friendly resources and online games for educating children about online safety, tailored to age.
- A library of resources and guidance for professionals and parents, on topics related to online safety and exploitation
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### Resource

#### Website:

[www.ceop.police.uk](http://www.ceop.police.uk)

## Adverse Childhood Experiences - ACEs

### Young Minds

Young Minds is a UK Mental Health charity committed to promoting and improving the mental health of all children and young people  
This webpage stands as a resources which covers:

- Definitions of trauma and adversity
- What ACEs are and the impact of them
- Tips and advice on how to support young people struggling with the effects of trauma or adversity

### Resource

#### Website:

<https://www.youngminds.org.uk/professional/resources/understanding-trauma-and-adversity/>

### London ACEs Hub

A network of survivor activists, multidisciplinary professionals, and community advocates committed to spreading the fundamental lessons of Adverse Childhood Experiences (ACEs) research and practice in Greater London, on individual and collective levels.

The webpage provides resources such as:

- Reports and educational information on ACEs
- Range of videos on ACEs and resilience

### Resource

#### Website:

<https://www.londonaceshub.org/>

<b>Adverse Childhood Experiences - NHS Health Scotland</b> An animation discussing the impact of childhood adversity	<b>Resource</b> <b>Youtube video:</b> <a href="https://youtu.be/VMpIi-4CZK0?feature=shared">https://youtu.be/VMpIi-4CZK0?feature=shared</a>
<b>Childhood Trauma and the Brain   UK Trauma Council</b> A video highlighting the impact of childhood trauma on the brain	<b>Resource</b> <b>Youtube video:</b> <a href="https://youtu.be/xYBUY1kZpf8?feature=shared">https://youtu.be/xYBUY1kZpf8?feature=shared</a>
<b>The Little Book of Adverse Childhood Experiences (2018)</b> Written by a small group of front line practitioners who have extensive experience in supporting children who have experienced trauma, focused on the impact of ACEs. Includes case study examples, alongside ideas about prevention.	<b>Resource</b> <b>Book:</b> <a href="https://docs.wixstatic.com/ugd/922058_395f1ba3a1d4429991cbd6e2c4cf5834.pdf">https://docs.wixstatic.com/ugd/922058_395f1ba3a1d4429991cbd6e2c4cf5834.pdf</a>



## Vicarious Trauma and Self-Care

<b>British Medical Association (BMA)</b> The BMA is the trade union and professional body for doctors in the UK. They have produced a helpful advice and support post that is quick and easy to read that outlines what vicarious trauma is, how to recognise symptoms in yourself and advice on managing this.	<b>Resource</b> <b>Website:</b> <a href="https://www.bma.org.uk/advice-and-support/your-wellbeing/vicarious-trauma/vicarious-trauma-signs-and-strategies-for-coping">https://www.bma.org.uk/advice-and-support/your-wellbeing/vicarious-trauma/vicarious-trauma-signs-and-strategies-for-coping</a>
<b>Keeping Well North West London (NWL) - Compassion Fatigue</b> Keeping Well NWL are an NHS service who aim to promote positive wellbeing and psychological support to their staff. They have created	<b>Resource</b> <b>Website:</b>

an online self-help resource on compassion fatigue including signs of it, and tips and coping strategies for managing it.

<https://www.keepingwellnwl.nhs.uk/self-help-resources/common-problems/compassion-fatigue>

### **Compassion Fatigue Awareness Project – Definitional information and Youtube Video on Managing Compassion Fatigue**

#### **Resource**

The Compassion Fatigue Awareness Project aim to promote an awareness and understanding of compassion fatigue and its effect on caregivers. It is founded by a certified Compassion Fatigue Specialist and Educator – Patricia Smith. This webpage speaks to compassion fatigue and what it is, and links to a YouTube video also on how to manage it in caregiving.

#### **Website:**

<https://compassionfatigue.org/index.html>

### **Charity for Civil Servants Wellbeing Hub**

#### **Resource**

The charity for Civil Servants are a charity for supporting retired civil servants with a range of needs including the provision of emotional support. They have an online wellbeing hub with expert mental health and wellbeing resources where you can create your own wellbeing kit and have it sent straight into your inbox. They can aid with improving wellbeing (stress, resilience, anxiety, depression).

#### **Website:**

<https://wellbeing.foryoubyyou.org.uk/>

### **Coping with Burnout, Vicarious Trauma and Secondary Traumatic Stress**

#### **Resource**

A YouTube video describing situations likened to that of burnout, vicarious trauma and secondary traumatic stress. The video specifically speaks to self-care and ways to cope with these experiences.

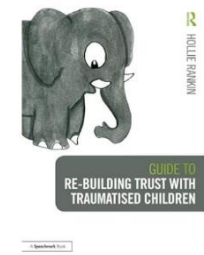
#### **Website:**

<https://youtu.be/ZY8jZlycYDs?feature=shared>

## Resources for Professionals Working Directly with Trauma Experienced Families (Worksheets, Handouts & Activities)

\*Please note - Many of the above websites include high quality clinical handouts and resources. The below list includes additional key resources

Beacon House	Resource
<p>A UK-based specialist trauma service, that develops freely available resources aimed at healing childhood trauma and adversity, including;</p> <ul style="list-style-type: none"> <li>- High quality resources for supporting children and families with trauma and developmental trauma</li> <li>- Leaflets/handouts/ strategies and skills for working with young people and parents who have experienced trauma</li> <li>- Videos/ podcasts</li> <li>- Self-care tips for practitioners</li> </ul>	<p><b>Website</b>  <a href="https://beaconhouse.org.uk/">https://beaconhouse.org.uk/</a></p>
Anna Freud Centre (AFC)	Resource
<p>The AFC's resource section provides a range of evidence based resources and tools to support professionals working with trauma experienced children and families. Includes;</p> <ul style="list-style-type: none"> <li>- Resources for under 5's (including trauma specific resources)</li> <li>- Resources for older children</li> <li>- Resources for supporting after traumatic bereavement</li> <li>- Resources for working with families</li> <li>- Expert advice and guidance videos for professionals supporting children and families, with topics such as 'recognising the signs of traumatic stress', 'trauma and repair', 'supporting staff wellbeing' etc.</li> </ul>	<p><b>Website</b>  <a href="#">Resources</a>   <a href="#">Anna Freud</a></p>
Child Trauma Academy	Resource
<p>Provides a set of free resources for parents, caregivers, educators and professionals. Topics include: interventions, abuse and neglect, baby and early childhood development, trauma and PTSD, and violence and public health.</p>	<p><b>Website</b>  <a href="#">LIBRARY</a>   <a href="#">ChildTrauma Academy</a></p>

Safe Hands Thinking Minds (Karen Treisman)	Resource
<p>Includes;</p> <ul style="list-style-type: none"> <li>- High quality free trauma worksheets to download for working with children and family</li> <li>- Many podcasts and videos on topics related to trauma</li> <li>- Resources for working with children that can be purchased, such as 'The Trauma Treasure Deck: A Creative Tool for Assessments, Interventions, and Learning for Work with Adversity and Stress in Children and Adults'</li> </ul>	<p><b>Website</b>  <a href="#">Links, Websites, and Podcasts   Safe Hands Thinking Minds</a></p>
NIHR Applied Research Collaboration	Resource
<p>A new website of free evidence-based resources for mental health professionals working with trauma-exposed children and young people, and particularly those with PTSD or complex PTSD, including animations, handouts, assessment tools, role plays and book recommendations.</p>	<p><b>Website</b>  <a href="#">Home   Child Trauma Resource</a></p>
Guide to Re-building Trust with Traumatised Children (Rankin, 2019)	Resource
<p>This resource book is intended to be used as a guide by any adults supporting children who have experienced trauma. It aims to educate the reader about trauma and the impact of insecure attachment, as well as helping the reader to understand different behaviours through a trauma lens.</p> <p>The guide suggests many practical ideas and activities designed to help children to build more positive relationships, to feel safe within their world, and to express and explore their emotions. There is a section on self-care for adults, and advice about when a referral to a specialist service may be required.</p>	<p><b>Book:</b>  <a href="https://amzn.eu/d/gbYgk3Y">https://amzn.eu/d/gbYgk3Y</a></p> <p>For any person supporting a child who has experienced trauma or attachment insecurity.</p> 

## Local Specialist Mental Health Services Supporting Childhood Trauma

\*Disclaimer – Below is a selection of local specialist trauma informed services working with children and families who can offer consultation to professionals about cases of concern. Please continue to follow internal safeguarding procedures through CSCT (0207 527 7400) when concerned about risk and safety.

Islington CAMHS	Resource
<p>Islington CAMHS provides a mental health assessment and treatment service for children and young people aged 0-18 in Islington. The service offers specialist assessments and interventions for young people with moderate-to-severe and enduring mental health needs, alongside community-based teams offering a range of targeted services for children across the age range and with a variety of presentations in schools, children's centres and within partner agencies.</p>	<p>Islington CAMHS accepts referrals or requests for consultations from professionals enquiring about children, young people and families.  <b>To contact for consultation or to refer, email:</b>  <a href="mailto:csctreferrals@islington.gov.uk">csctreferrals@islington.gov.uk</a></p> <p><b>Or phone the duty clinician:</b>  <a href="tel:02075273355">020 7527 3355</a></p>
Parent and Baby Psychology Service (PBPS) and Growing Together	Resource
<p>The PBPS are a team of clinical psychologists who offer psychological interventions for parents expecting a baby and parents with a child up to 2 years old who are struggling with the transition to parenthood. The service aims to improve the emotional wellbeing of parents, enabling them to develop positive relationships with their baby.</p> <p>Growing Together is a service that helps both parents and children (aged 1-5) in a family with their mental health and wellbeing. This might be problems with emotions, behaviours and or relationships.</p>	<p>PBPS and Growing together accept referrals or requests for consultations from professionals enquiring about their services.</p> <p><b>To contact PBPS for consultation or to refer, email:</b>  <a href="mailto:whh-tr.PBPSreferrals@nhs.net">whh-tr.PBPSreferrals@nhs.net</a> (self-referral)  <a href="mailto:whh-tr.camhseyreferrals@nhs.net">whh-tr.camhseyreferrals@nhs.net</a></p> <p><b>To contact Growing Together for consultation or to refer, email:</b>  <a href="mailto:growingtogether@nhs.net">growingtogether@nhs.net</a>  <b>or call: <a href="tel:02033161824">020 3316 1824</a></b></p>

### **The Lighthouse Sexual Abuse Service**

The Lighthouse is a service serving the five north central London boroughs offering a safe space to support children and young people (CYP), aged up to 18, in their recovery from sexual abuse or sexual exploitation. It also supports adults aged 18-25 with learning disabilities if the service best meets their needs.

### **Resource**

You can contact the Lighthouse to enquire about a referral, or to request professional consultation for cases around sexual abuse or sexual exploitation concerns.

**To contact the Lighthouse Sexual Abuse Service for consultation or to refer, email:** [thelighthouse.referrals@nhs.net](mailto:thelighthouse.referrals@nhs.net)

**Or call:** [020 3049 0010](tel:02030490010)

**To download the Lighthouse referral form:**

<https://www.thelighthouse-london.org.uk/wp-content/uploads/2023/04/Lighthouse-Referral-Form-March-2023.docx>