

## RESOURCE LIST

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Listed below are resources discussed in my keynotes and skill-based workshops on resilience-building practices and brain-body tools to promote resilience, self-regulation and well-being. These practices and tools can be used by adults, adapted for children and are part of the work we are also doing to prevent secondary/vicarious trauma and compassion fatigue. On-line resources can be located by searching for the name of the resource listed below or cutting and pasting the links provided.

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With regard to exercises and practices I use in my trainings, I use a combination of resources— instructions that I receive as a trainer/trainee, transcriptions/speaker's notes which I usually adapt by integrating science, my Feldenkrais training and other resources. While access is often limited to scripts used by trainers, you can find scripts for public use (for example the script for *Soft Belly Breathing* can be found at [www.acesconnection.com](http://www.acesconnection.com) just search for soft belly breathing and that website) and you can use the many free audios/recordings available to make your own notes. There are now lots of resources for grounding, body scans, relaxation and other practices provided on-line, in books (see some of the books listed below), through APPs (see APPs below) and other free resources like **Sesame Street** (also see below) if you want something ready to use. Consider this a short list for an expanding field of resources and I mention additional resources in my presentations as this list is updated annually.

## 1. CAPACITAR EMERGENCY TOOLKIT

**a. Webinars** featuring Dr. Chamberlain discussing and demonstrating tools to Promote Resilience, Self-Regulation and Well-Being

Directly on YouTube <https://youtu.be/n5asuwDRJCU>

And in MARC Brown Bag archives: <http://marc.healthfederation.org/brownbag>

**b. Videos made by Homer, Alaska R.E. C. Youth** on Capacitar strategies, featuring Dr. Chamberlain. Go to following website and select “Capacitar Emergency Toolkit Training: <http://www.skp-resilience.mappofskp.net/resources-tools/>

**c.** In addition to the handouts I provide at my workshops, you can download the **Capacitar Emergency Toolkit** (PDF) now available in more than 20 languages. Go to: <https://capacitar.org/>

## 2. HEARTMATH

An extensive body of research and tools that focus on breathing and heart coherence to manage stress, and promote self-regulation and well-being. Tools include on-line programs, curricula for schools, games for caregivers and children and optional technology to provide biofeedback on heart coherence. Heart coherence is an excellent measure of self-regulatory capacity, emotional regulation and resilience. Appropriate for children, teens and adults.

Research, on-line training, information about practices and tools can be found at:

<https://www.heartmath.com/>

The Inside Story is a free publication by HeartMath for teens that has lots of tools and practices. I can be downloaded at <https://www.heartmath.org/resources/downloads/the-inside-story/>

## 3. INFORMATION ON THE AUTONOMIC NERVOUS SYSTEM AND POLYVAGAL THEORY

**“A Beginner’s Guide to Polyvagal Theory”** by Deb Dana (2018), co-editor of a book on clinical applications for polyvagal theory, can be found at:

<http://www.debdanalcsw.com/resources/BG%20for%20ROR%20II.pdf>

***“Clinical Applications of The Polyvagal Theory: The Emergence of Polyvagal-Informed Therapies”*** is one of the more user-friendly books by Dr. Stephen Porges (2018; W.W. Norton & Company), who first established polyvagal theory.

I believe that understanding our nervous system works is essential to effectively dealing stress and building resilience. I recently introduced a new keynote/workshop on the **Neurobiology of Safety** that uses puppets to take participants on a user-friendly journey through their autonomic nervous system to learn about polyvagal theory and learn simple strategies to stimulate the vagus nerve and shift our autonomic state.

#### **4. SAFE AND SOUND PROTOCOL**

Safe and Sound Protocol (SSP) is a brief intervention, based on the principles of Polyvagal Theory, to address how stress, trauma and other disorders can alter the functioning of the middle ear muscles. When the middle ear muscles do not contract properly, low frequency sounds below the frequency range of human speech are perceived as louder while the ability to process human speech is compromised. SSP uses digitally altered music to exercise and retrain the middle ear muscles to retune to human voice. SSP is being used to help children with autism spectrum disorder. Self-regulation and auditory processing were significantly improved after listening to the one-hour SSP sessions administered five days in a row. SSP uses headphones and a MP3 player. SSP has a version for children/adolescents (appropriate for 18 months or older) and an adult version. For more information go to: <https://integratedlistening.com/ssp-safe-sound-protocol/>

#### **5. INFORMATION ABOUT OUR AMAZING BRAINS**

- a. **AMAZING BRAIN BOOKLETS** (User-friendly booklets about early and adolescent brain development, trauma, and what parents and caregivers can do to promote healthy brain development).

Download PDFs of booklets at Prevent Child Abuse America website under resources on resilience: <http://preventchildabuse.org/resource/resilience/>

- b. **VROOM** (<https://www.vroom.org/>) Website and App to coach parents on being brain builders for young children. User-friendly science and lots and lots of activities for caregivers to use to build children’s brains.
- c. **Book to teach children about how their brains work**

***Your Fantastic Elastic Brain: Stretch It, Shape It*** (JoAnn Deak, PhD 2010)

***MindUp* (2011)** published by *Scholastic* is an excellent resource to teach children and youth how their brains work. These lessons can be extracted from the rest of the content if you are not interested in the mindfulness practices that are included in the three school curricula organized by grade levels.

**d. The Adolescent Brain**

There are other, more recent books on the adolescent brain that you may want to check-out. *Brainstorm* is a classic in terms of being an especially informative resource and Dr. Siegel website's has some excellent tools for teens (<https://www.drdansiegel.com/>)

***Brainstorm: The Power and the Purpose of the Teenage Brain*** (2013) by Dan Siegel

- e. Interactive website for teens and adults on the brain and substance use at <http://learn.genetics.utah.edu/content/addiction/mouse/>

**6. RESOURCES FOR SELF-REGULATION SKILLS, GROUNDING, BODY SCANS, SPECIAL PLACE IMAGERY, RELAXATION AND MINDFULNESS**

- a. **Comfy-Cozy Nest** is an online story book and additional resources for children to promote self-regulation and special place imagery at <https://sesamestreetincommunities.org>

**b. Resources for Parents with Simple Exercises for Children/Youth**

**1. Books**

***A Still Quiet Place*** (Amy Saltzman, MD, 2014)

***Superkid Power Guidebook: Empower Children to Build Inner Strengths*** by Janai Mestrovich aka Grandma Boom (2013)

***No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind*** (Dan Siegel & Bryson, 2014-this book reframes discipline relative to how the brain works)

***Self-Reg: How to Help your Child (and You) Break the Stress Cycle and Successfully Engage with Life*** (2016, Penquin Press) by Stuart Shanker

## 2. Websites/Tools

**Greentree Yoga** has free videos and other resources on one-minute and five-minute breathwork and movement for children and adults at <http://www.greentreeyoga.org/free>

**Companion website to *Superkid Power Guidebook: Empower Children to Build Inner Strengths*** (see books above); website provides free video and downloads at [www.superkidpower.org](http://www.superkidpower.org)

**Steps for Self-Regulation** for adults and children are found at following website which also addresses about how adversities and toxic stress can impact children and families. <https://www.stresshealth.org/what-can-i-do/mindfulness/>

**Using Sensory Tools for Teens with Behavioral and Emotional Problems** is an article that includes information for making a Sensory Box. Download at: [http://www.ateachabout.com/pdf/OTP\\_Nov09\\_UsingSensoryTools\\_Teens.pdf](http://www.ateachabout.com/pdf/OTP_Nov09_UsingSensoryTools_Teens.pdf)

### c. Books on mindfulness practices for children

***Master of Mindfulness How to Be Your Own Super Hero in Times of Stress*** (Laurie Grossman and Mr. Musumeci's 5<sup>th</sup> Grade Class, 2016)

***Sitting Still Like a Frog Mindfulness Exercises for Kids and Their Parents*** (Eline Snel, 2013)

***Happy Monkey, Happy Panda*** (Lauren Alderfer, 2011)

***What Does it Mean to be Present*** (Rana DiOrio, 2010)

- d. **MINDUP CURRICULA** Developed for schools, the content and tools can be adapted to many different settings and used by caregivers/ parents and other service providers. There are three grade/age levels from pre-K through middle school. For information go to [www.thehawnfoundation.org](http://www.thehawnfoundation.org) ; to purchase curricula/books, published by *Scholastic*, available on Amazon

**4-minute video on YouTube about MindUp in the United Kingdom and the four pillars of the program:** <https://www.youtube.com/watch?v=wfHNGaT4MPA>

### e. MINDFULNESS APPs for adults

<https://insighttimer.com/>

Extensive resource for a wide range of meditation and related practices. Look here and also on YouTube for relaxation practices by Linda Hall. There is a grounding exercise by Jennifer Davoust that is popular with teens.

**f. MINDFULNESS APP with practices for children, teens and adults**

<https://smilingmind.com.au/>

**7. RESOURCES FOR FAMILIES EXPERIENCING ADVERSITIES/TOXIC STRESS**

**a. ACEsConnection Website**

Website that is being updated daily with new information about Adverse Childhood Experiences (ACEs). There is an on-line community for parents that features speakers, live chats and resources. Go to [www.acesconnection.com](http://www.acesconnection.com)

**b. Stress Health Website**

Website and newsletter with information on the potential effects of adverse childhood experiences (ACEs) on families and strategies to help children and parents/caregivers overcome adversities and prevent toxic stress. Go to <https://www.stresshealth.org/#whats-toxic-stress>

**8. VALIDATED RESILIENCE MEASURES FOR CHILDREN AND ADULTS**

**a. *Child Youth Resilience Measure (CYM-R)* and *Adult Resilience Measure (ARM-R)***

The Resilience Research Center in Canada has conducted international, cross-cultural research to validate resilience measures for younger children (5-9 years old), youth (10-23 years old) and adults. These tools can be accessed for free by registered at their website: <http://cyrm.resilienceresearch.org/>

**b. *Devereux Adult Resilience Survey (DARS)***

The Devereux Adult Resilience Survey (DARS) is a 23-item checklist that asks about strengths in four different areas: relationships, internal beliefs, initiative and self-control.

<http://www.centerforresilientchildren.org/wp-content/uploads/DARS.pdf>

## 9. THE FELDENKRAIS METHOD

The Feldenkrais Method is a type of movement education that focuses on sensory awareness and retraining the brain to move with ease, release patterns of tension and habits that cause problems and to improve our quality of life. Feldenkrais can facilitate deep relaxation, improved breathing and restoring balance between our sympathetic and parasympathetic nervous system. The Feldenkrais Method is used to address a broad range of issues including back problems, chronic pain, autoimmune issues, sports injuries and limitations associated with aging.

I teach Feldenkrais “Awareness Through Movement” (ATM) lessons on-line via Zoom. This allows me to work with people in any location and tailor the lesson to that person’s interest (it is possible to have other people participate in the lesson as well).

You can find information about the Feldenkrais Method at: <https://www.feldenkrais.com/>

Two recent articles on the Feldenkrais Method can be found at:

***“Trying the Feldenkrais Method for Chronic Pain”*** (Jane Brody, October 30, 2017)

<https://www.nytimes.com/2017/10/30/well/trying-the-feldenkrais-method-for-chronic-pain.html>

***“A different way to relieve years of back pain”*** (Lisa Rein, September 27, 2018)

[https://www.washingtonpost.com/national/health-science/a-different-way-to-relieve-years-of-back-pain/2018/09/27/f3e663f4-b505-11e8-a2c5-3187f427e253\\_story.html?utm\\_term=.342b8735a4fd](https://www.washingtonpost.com/national/health-science/a-different-way-to-relieve-years-of-back-pain/2018/09/27/f3e663f4-b505-11e8-a2c5-3187f427e253_story.html?utm_term=.342b8735a4fd)

### Resources on Feldenkrais Method with Children

***Move Like the Animals*** by Stephen Rosenholtz (book and videos for children)

***Kids Beyond Limits: Breakthrough results for children with Autism, Asperger’s, Brain Damage, ADHD and Undiagnosed Development Delays*** by Anat Baniel, 2012. Anat Baniel has many other resources including CDs and DVDs on her website, including a free e-book that talks about the key principles of her work, ***The Nine Essentials of ABM and Neuromovement***. <https://www.anatbanielmethod.com/>