

Co-Creating Comfort and Safety for medical procedures - useful resources.

The Meg Foundation for Pain

<https://www.megfoundationforpain.org>

Organisation Toolkit (reproducible comfort posters and plans)

https://www.nxtbook.com/nxtbooks/megfoundationforpain/toolkit_2021/

How to help shots hurt less for kids and overcome needle phobia blog

<https://www.megfoundationforpain.org/blog/needle-shots-with-less-pain-and-fear>

Royal Children's Hospital Melbourne

Procedural Pain Management Guideline

https://www.rch.org.au/rchcpg/hospital_clinical_guideline_index/

[Procedural Pain Management/](#)

https://www.rch.org.au/kidsinfo/fact_sheets/Vaccination_and_needle_phobia/

- Fear of Needles - What Helps?

<https://podfollow.com/1522239706/episode/>

[bd302ee33314fe30204b0409179b0d0bdc076888/view](https://podfollow.com/1522239706/episode/bd302ee33314fe30204b0409179b0d0bdc076888/view)

SPANZA

<https://www.spanza.org.au/epic/resources-for-parents-carers-and-children/>

HeySigmund - Building Courage in kids and teens (Australian Video's and coaching voice!!)

<https://www.heysigmund.com>

Videos for caregivers, kids and teens on anxiety and how to help

<https://www.heysigmund.com/video-library-home-page/>

SICKKIDS Canada - Comfort Promise, PainHub, SKIP

<https://www.sickkids.ca/en/care-services/centres/pain-centre/#education-training>

<https://playyourcards.ca/card-resources/>

Improving the vaccination experience

Parents resources <https://assets.aboutkidshealth.ca/AKHAssets/>

[CARD_Parent_Guide.pdf?hub=cardfamilies#card](#)

<https://immunize.ca/card-game-kids>

Health Professional resources

https://assets.aboutkidshealth.ca/AKHAssets/CARD_HCP_WhatYouCanSay.pdf?

[hub=cardhcpedu#card](#)

Comfort Promise <https://www.aboutkidshealth.ca/comfortpromise>

Pain Hub <https://www.aboutkidshealth.ca/pain>

SKIP Solutions for Kids In Pain

[https://kidsinpain.ca/wp-content/uploads/2021/03/Vaccine-Pain-Needle-Fear-](https://kidsinpain.ca/wp-content/uploads/2021/03/Vaccine-Pain-Needle-Fear-Resources-2.pdf)

[Resources-2.pdf](#)

<https://www.youtube.com/watch?v=1XoGUTbFOtl> Needle Pain and Phobia how to avoid fear of needles and vaccines...

Karen Treisman Safe Hands

Clinical Psychologist sharing a rich understanding of evidence and effective interventions for trauma (integrating the use of senses, relationships and play)

- Tedx Good Relationship are the key to healing trauma
<https://www.youtube.com/watch?v=PTsPdMqVwBg>
- Trauma Informed Organisations
- <http://www.safehandsthinkingminds.co.uk/trauma-informed-trauma-responsive-organisations-systems/>
- <http://www.safehandsthinkingminds.co.uk/books-cards-worksheets/>
- <http://www.safehandsthinkingminds.co.uk/onlinetraining/>
- <https://www.youtube.com/watch?v=tVw6naHFLKc>
- <http://www.safehandsthinkingminds.co.uk/wp-content/uploads/2016/03/feeling-safe-putting-up-defenses.pdf>

- **Relaxation and emotional regulation videos** : Firstly, please hold in mind, there is no right or wrong. We are all different and going through changes, reflections, and discoveries a lot of the time. We all have different sensory profiles, needs, preferences, pasts and so forth- so, take your time to choose what will be most helpful to you at this time, or none of them at all, if you just need some space or to do something different- there is no one size fits all. There is a menu of options to give some ideas, but there are many more which you might like to try. Be gentle with yourself and others.

1. **Hand or star breathing**-A video by Dr Karen Treisman introducing a brief breathing exercise called “hand breathing”. It can be used for children and for adults. <https://youtu.be/NAldSdx-jps>
2. **Sensory, grounding, soothing, and regulating box**- A video by Dr Karen Treisman discussing how to make and create a sensory, soothing, and grounding box which supports all of one’s senses to regulate. Suitable and adaptable for children and adults. <https://youtu.be/9XyxqWiqLk0>
3. **Muscle tensing and releasing tool**-A video by Dr Karen Treisman introducing a brief tension releasing exercise of tensing and relaxing one’s muscles. Suitable and adaptable for children and adults. <https://youtu.be/FbhUxg9eHDE>
4. **Left and right body breathing**- A video by Dr Karen Treisman introducing a breathing exercise which supports left and right breathing. Suitable for older children, teenagers, and adults. <https://youtu.be/MHwiqovPrXY>
5. **Rhythm and butterfly breathing**-A video by Dr Karen Treisman introducing how rhythm can be used to help to change one’s regulation and arousal. Also, this introduces the butterfly hug move which activates both the left and right side of one’s brain. Suitable and adaptable for children and adults. <https://youtu.be/e6z6TJ1wQDM>
6. **Externalising worry through worry dolls, worry plaques etc**- <https://youtu.be/5Q-EoWSJQJg>
7. **Soaking in a positive moment**- A video by Dr Karen Treisman introducing how we can find a happy, feel good, and positive memory and travel back to it, anchor on to it, and soak it in- including using all of our senses. Suitable and adaptable for children and adults. <https://youtu.be/RRiQixmqcXI>
8. **Every interaction is an intervention**- video of Dr Karen Treisman explaining her quote “Every interaction is an intervention”- <https://youtu.be/8pBkXbCP3Q4>

Bruce Perry - Neurosequential Network

<https://www.neurosequential.com/covid-19-resources>

NN COVID-19 Stress, Distress & Trauma Series

The videos in this series with Dr. Bruce Perry are provided to view and share. We have closed captioned each video. To change captions from English to another language, select "settings" (cog at bottom right), select "Subtitles/CC" then select "Auto-translate" and finally select the language of your choice.

NN COVID Series: 1 - Patterns of Stress determine Risk & Resilience

This brief (15 min) video with Dr. Bruce Perry discusses how the pattern of stress can determine risk or resilience. The importance of structure, predictability and moderation of daily stress is highlighted. The malleability of the capacity to demonstrate resilience is discussed. <https://youtu.be/orwln02h6V4>

NN COVID Series: 2 - Understanding State-dependent Functioning

This brief (22 min) video with Dr. Bruce Perry reviews how stress and distress change the way we think, feel and behave. The relevance for the current pandemic is discussed.

<https://youtu.be/PZg1dlskBLA>

NN COVID Series: 3 - Emotional Contagion

In this brief (20 min) video, Dr. Bruce Perry discusses 'emotional contagion' and talks about the power of calm. The concept of power differential is discussed in context of human interactions and discusses the importance of calm, regulated leadership in times of stress and distress.

<https://youtu.be/96evhMPcY2Y>

NN COVID Series: 4 - Sequence of Engagement

This is a brief (20 min) video describing the sequential processing of experience in the brain. The Regulate-Relate-Reason heuristic is explained. This simple but powerful concept can help minimize miscommunication and behavioral challenges (especially with dysregulated adults and children). <https://youtu.be/LNuxy7FxEVk>

NN COVID Series: 5 - Understanding Regulation

This brief (23 min) video reviews some of the basics of 'regulation' and helps viewers understand why patterned, repetitive somatosensory activity is regulating. The primary regulatory role of dissociation is also discussed. Very basic neuroscience about stress and regulation can help viewers understand the power of intentional regulatory practices - especially in the current COVID-19 pandemic. <https://youtu.be/L3qlYGwmHYY>

NN COVID Series: 6 - Dosing & Spacing

This brief (25 min) video discusses elaborates on the importance of the "pattern" of stress and stress activation with a focus on the concept of 'dosing.' What is considered a "moderate" dose of stress - why is this important in building resilience? And what is the power of the moment? This video presents some important background for understanding the importance of small but powerful relational moments. <https://youtu.be/5ATSI8XhF-k>

NN COVID Series: 7 - Self-care & Organizational Care

This brief (25 min) video highlights the reasons self-care and organizational care are needed for individuals and organizations that work in high stress settings, or with individuals with trauma histories. Examples of integration of regulatory strategies into work-flow are provided. <https://youtu.be/VcDTXJpCMiY>

NN COVID Series: 8 - Decision Fatigue

This brief (21 min) video discusses the importance of regulation during decision-making. Decision fatigue and analysis paralysis can impede the development of creative solutions during times of crisis. A few simple guidelines can improve decision-making and lead to more effective practice, programs and policy - especially when created during times of duress, such as the COVID-19 pandemic. <https://youtu.be/Yc-Nv8eqfgM>

NN COVID Series: 9 - Managing Transitions

This brief (27 min) video helps viewers understand transitions as stressors, and provides concrete strategies to help individuals and organizations struggling with transitions. This knowledge is foundational in managing the uncertain times and many transitions that are inevitable in any crisis, such as the current COVID-19 pandemic. <https://youtu.be/cA7UbKnM0RM>

NN COVID Series: 10 - Reward & Maladaptive Regulation using Alcohol & Substances

This brief (16 min) video provides an introduction to the reward neurobiology and how this relates to the use and misuse of alcohol and substances of 'abuse' to provide regulation and reward. The importance of understanding the neurobiology underneath 'reward' seeking behaviors is highlighted. The role that stress, distress and trauma play in altering our reward seeking and reward 'quenching' behaviors is discussed. <https://youtu.be/FZan9ZRMMCM>

NN COVID Series: 11 - Sport in Healing & Resilience Building

This special one hour edition of the NM Network Series on Stress & Trauma features a conversation about the potential regulating, rewarding & healing effects of sport. The underlying rationale of the collaborative work of WeCoach and the Neurosequential Network is discussed, in part. This is a useful introduction to stress, trauma and resilience for coaches, parents, athletes and anyone interested in sport or traumatic stress. https://youtu.be/hbkx_48j_vY

NN COVID Series: 12 - Understanding the Power Differential

This (31 min) video discusses the dynamics of interpersonal interactions; a "power differential" is created when two people interact. A dominance hierarchy can influence emotional, social and cognitive functioning. The individual on the bottom of the power differential will have a 'state-dependent' shift in brain-functioning and feel more anxious or even threatened. The role that gender, race, role and physical proximity can play in this dynamic is discussed, as is the importance of power differential dynamics in understanding equity concepts. <https://youtu.be/ulwfwYDffV8>

NN COVID Series: 13 - The Intimacy Barrier

This (25 min) video discusses the concept of 'relational sensitivity'; when intimacy becomes an evocative cue, there can be a host of problems with forming and maintaining

relationships. This is a common issue with children, youth and adults who have had inconsistent, unpredictable or abusive early caregiving. <https://youtu.be/7crm3JcVfJs>
NN COVID Series: 14 - Distributed Leadership

This (30 min) video provides an overview of the power of distributed leadership. The awareness of the neurobiological 'preferences' that we have for small group functioning and dynamics provides some insight to the inefficient forms of large group planning and program development that characterize our current child welfare, mental health, juvenile justice and early childhood systems.

https://youtu.be/DecR-4x_eO4

Beacon House- Some fantastic resources and video clips on trauma- <http://beaconhouse.org.uk/developmental-trauma/the-repair-of-early-trauma-a-bottom-up-approach/>

- <https://beaconhouse.org.uk/wp-content/uploads/2019/09/DT-Van-Der-Kolk.jpg>
- <https://beaconhouse.org.uk/wp-content/uploads/2019/09/3-stages-of-brain-development-2.jpg>
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Additional Developmental Trauma Websites/Resources

- Trauma-informed Oregon- <https://traumainformedoregon.org/>
- Trauma-informed care: Perspectives and resources- <http://trauma.jbsinternational.com/traumatool/index.html>
- Sanctuary Model- Dr Sandy Bloom- www.sanctuaryweb.com
- MARC Health federation (trauma-informed and trauma-responsive communities)- marc.healthfederation.org
- ACEs connection-www.acesconnection.com
- The World Association of Infant Mental Health- <https://www.waimh.org/>
- The Trauma-Informed Practices and Expressive Arts Therapy Institute <http://www.trauma-informedpractice.com/>
- Inner World Work (Some great downloadable worksheets including on fight, flight, and freeze modes)- <http://www.innerworldwork.co.uk/>
- Beacon House- Some fantastic resources and video clips on trauma- <http://beaconhouse.org.uk/developmental-trauma/the-repair-of-early-trauma-a-bottom-up-approach/>
- Pause- For those working with women who have had repeated removals- <http://www.pause.org.uk/>
- The National Child Traumatic Stress Network- <http://www.nctsn.org/>
- International Society for Traumatic Stress Studies- <https://www.istss.org/>
- European Society for Trauma and Dissociation- <http://www.estd.org/home/>
- NSPCC Caspar News (Up to date news on child protection, policies, and documents)- <https://www.nspcc.org.uk/services-and-resources/research-and-resources/sign-up-to-caspar/>
- Research in Practice- <https://www.rip.org.uk/>

Gillian Griffiths

Snr Occupational Therapist

-Association for Training on Trauma and Attachment in Children- <https://attach.org/>

-The Child Trauma Academy- <http://childtrauma.org/>

The Trauma Center at Justice Resource Institute- <http://www.traumacenter.org>

The National Institute for Trauma and Loss in children- <https://www.starr.org/training/tlc>

SAMSHA-www.samhsa.gov

Harvard Center for Developing Children- <http://developingchild.harvard.edu/>

Alberta Family Wellness (includes the brain story certification free course)- [http://](http://www.albertafamilywellness.org/resources)

www.albertafamilywellness.org/resources

Zero to Three- <https://www.zerotothree.org/>

Child in Mind Podcast from the Anna Freud Centre

<https://www.annafreud.org/parents-and-carers/child-in-mind/>