

Recommended by CIS'ters www.cisters.org.uk

Short films

***ADDICTIONS** (from one in four UK) not yet available other than via One in Four UK – re ACEs as well*

Brain model of PTSD - <https://www.youtube.com/watch?v=yb1yBva3Xas>

Trauma and the Brain - <https://www.youtube.com/watch?v=4-tcKYx24aA> (police interviewing)

The Window of Tolerance (from Beacon House) <https://www.youtube.com/watch?v=Wcm-1FBrDvU>

*Specific to **ACEs***

Nadine Burke Harris – 20 mins <https://www.youtube.com/watch?v=95ovlJ3dsNk>

ACEs from Wales – 5 mins <https://www.youtube.com/watch?v=YiMjTzCnbNQ&feature=youtu.be>

RE TRAUMA RECOVERY – for children

Beacon House Resources (all very good) <https://beaconhouse.org.uk/useful-resources/>

The Repair of Early Trauma <https://www.youtube.com/watch?v=FOCTxcaNHeg>