

## Week 5: Resources and Module References

### Historical Trauma Resources and Websites

1. Historical Trauma Website: [www.historicaltrauma.com/](http://www.historicaltrauma.com/)
2. Wisdom of the Elders, Transcending Historical Trauma from <http://discoveringourstory.wisdomoftheelders.org/resources/transcending-historical-trauma>
3. The Indian Country Child Trauma Center on Child Abuse and Neglect, <http://www.icctc.org>
4. White Bison - <http://www.whitebison.org>
5. Indigenous Wellness Research Institute - <http://iwri.org>
6. Policy Research Associates, Inc. (Date Unknown) Historical Trauma Fact Sheet. SAMHSA's GAINS Center <http://gainscenter.samhsa.gov/cms-assets/documents/93078-842830.historical-trauma.pdf>

### Historical Trauma and *Healing* Resources (videos and other media)

1. Karina Walters presenting on Historical Trauma and Microaggressions. <http://youtu.be/WzPNWTD56S8>
2. Burden of Silence (healing from sexual abuse/sexual assault-Alaskan specific) <http://vimeo.com/40564725>
3. The Silence – video about sexual abuse and the Catholic church. <http://www.pbs.org/wgbh/pages/frontline/the-silence/>
4. Hozhonahaslíí: Stories of Healing the Soul Wound. You-tube <https://www.youtube.com/watch?v=FqaKN5iuNS8>
5. Healing from Intergenerational Trauma. White Bison Video <http://youtu.be/XIe45StCUhk>
6. The Wellbriety Journey to Forgiveness – White Bison – Colonization & Genocide & Boarding Schools. <http://youtu.be/vZwF9NnQbWM>
7. Traditional Values of Alaska (poster) <http://alaskaice.org/trad-values>. This educational poster shows the traditional values of Native people from Alaska's various geographic regions, including Alutiiq, Athabascan, Cup'ik, Inupiaq, Southeast (Tlingit, Haida, Tsimshian), Unangan and Yup'ik cultures. Free (plus shipping and handling)
8. *Alaska Healing Programs Summary* (2014) The Resource Basket for Alaska Native Youth Success. Summary of key concepts from Alaska Native Healing Programs available to rural communities that addresses historical and intergenerational trauma. <http://alaskanativeyouth.org/wp-content/uploads/AK-Comty-Healing-Summary-6-16-.pdf>
9. *Modig, Amy*. (2015) A Vision of Choice: [https://www.youtube.com/watch?v=9P\\_khJQrx0Q](https://www.youtube.com/watch?v=9P_khJQrx0Q)

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## Historical Trauma Research

Major Scholars of Native American Historical Trauma: Dr. Maria Yellow Horse Brave Heart and Eduardo Duran

1. BraveHeart, M.Y., DeBruvan, LM. (1998) The American Indian Holocaust: healing historical unresolved grief. *Am Indian Alsk Native Ment Health Res.* 1998;8(2):56-78.
2. Braveheart, M.Y., (2003) The Historical Trauma Response Among Natives and Its Relationship with Substance Abuse: A Lakota Illustration. *J Psychoactive Drugs.* 2003 Jan-Mar;35(1):7-13.
3. Duran, E. (2006). *Healing the Soul Wound.* New York, NY: Teachers College Press.
4. La Belle, J., Smith, S. (2003). Boarding School: Historical Trauma among Alaska's Native People. National Resource Center for American Indian, Alaska Native, and Native Hawaiian Elders. College of Health and Social Welfare University of Alaska Anchorage pg. 14. [http://www.uaa.alaska.edu/elders/upload/yr2\\_2boarding-school.pdf](http://www.uaa.alaska.edu/elders/upload/yr2_2boarding-school.pdf)
5. Napoleon, H. (1996) *Yuuyaraq, The Way of the Human Being*, University of Alaska, Fairbanks. Center for Cross-Cultural Studies.
6. Evans-Campbell, T. (2008). Historical trauma in American Indian/Native Alaska communities: A multilevel framework for exploring impacts on individuals, families, and communities. *Journal of Interpersonal Violence*, 23(3),316-338.
7. Walters, K., Mohammed, S., Evans-Campbell, T., Beltran, R., Chae, D. & Duran, B. (2011). Bodies Don't Just Tell Stories they Tell Histories. *Du Bois Review*, 8:1, pp. 179-189.
8. Woods, T., Zuniga, R., & David, E. (2011). A Preliminary Report on the Relationships Between Collective Self-Esteem, Historical Trauma, and Mental Health among Alaska Native Peoples. *Journal of Indigenous Research*, Vol. 1, Iss. 2, Article

## Adverse Childhood Experiences (ACE) Resources and Research

1. Alaska website on ACE study  
<http://dhss.alaska.gov/abada/ace-ak/Pages/default.aspx>
2. ANTHC Report on ACE study among Alaska Native People  
[http://www.anthctoday.org/epicenter/healthyfamilies/2013%20ACES%20Summary\\_FINAL%2010-16-2014.pdf](http://www.anthctoday.org/epicenter/healthyfamilies/2013%20ACES%20Summary_FINAL%2010-16-2014.pdf)
3. ACEs to High: <http://acestoohigh.com/category/ace-study/>  
This website that reports on research about adverse childhood experiences, including developments in epidemiology, neurobiology, and the biomedical and epigenetic consequences of toxic stress. They also cover how people, organizations, agencies and communities are implementing practices based on the research to address ACE.
4. What is Trauma? A Guide for Parents. Indian Country Child Trauma Center  
<http://www.icctc.org/what%20is%20trauma-final.pdf>
5. Centers for Disease Control and Prevention. Adverse Childhood Experiences Study.  
<http://www.cdc.gov/violenceprevention/cestudy/> Also see  
<http://www.cdc.gov/violenceprevention/cestudy/outcomes.html#Over>

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6. Felitti VJ, Anda RF, Nordenberg D, Williamson DF, Spitz AM, Edwards V, Koss MP, Marks JS. Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults: the adverse childhood experiences (ACE) study. *American Journal of Preventive Medicine* 1998;14:245–258.
7. Stevens, J.E., (2012) The Adverse Childhood Experiences Study -- the Largest Public Health Study You Never Heard Of. *Huffington Post* Dec. 9 2012. This three-part article describes the national Adverse Childhood Experiences (ACES) study. It provides multiple links resources, research and interviews. <http://huff.to/SNo2ac>.
8. Jack P. Shonkoff, J.P, et. al. (2012) The Lifelong Effects of Early Childhood Adversity and Toxic Stress. *American Academy of Pediatrics*. 2012;129:e232. <http://pediatrics.aappublications.org/content/129/1/e232.full.html>

## Compassion Fatigue (Vicarious Trauma) Resources and Research

1. Compassion Fatigue Solutions - dedicated to personal and professional renewal <https://compassionfatigue.ca/what-is-compassion-fatigue/>
2. Joyful Heart Foundation Vicarious Trauma, <http://www.joyfulheartfoundation.org/learn/vicarious-trauma> Retrieved October 28, 2014
3. Trauma Resource Institute - includes resources, trainings and phone apps; <http://traumaresourceinstitute.com/> Retrieved October 28, 2014
4. Holdsworth, N. Compassion Fatigue, Vicarious Trauma, Secondary Trauma, Burnout. <http://cra20.humansci.msstate.edu/Compassion%20Fatigue,%20Vicarious%20Trauma,%20Secondary%20Trauma,%20Burnout.pdf> <http://ejhealers.com/>. Retrieved October 28, 2014
5. Compassion Fatigue Awareness Project: <http://www.compassionfatigue.org>
6. Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others.
7. Laura van Dernoot Lipsky, 2009. <http://traumastewardship.com/>
8. American Counseling Association. Vicarious Trauma, Fact Sheet #9 10/11. <http://www.counseling.org/docs/trauma-disaster/fact-sheet-9---vicarious-trauma.pdf?sfvrsn=2>
9. Mathieu, F., (2012) Signs and Symptoms of Compassion Fatigue and Vicarious Trauma. From The Compassion Fatigue Workbook. New York: Routledge. <https://compassionfatigue.ca/signs-and-symptoms-of-compassion-fatigue-and-vicarious-trauma/>

## Module References

1. Braveheart, M.Y., (2003) The Historical Trauma Response Among Natives and Its Relationship with Substance Abuse: A Lakota Illustration. *J Psychoactive Drugs*. 2003 Jan-Mar;35(1):7-13.
2. Napoleon, H. (1996) *Yuuyaraq, The Way of the Human Being*, University of Alaska, Fairbanks. Center for Cross-Cultural Studies.

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3. La Belle, J., Smith, S. (2003). Boarding School: Historical Trauma among Alaska's Native People. National Resource Center for American Indian, Alaska Native, and Native Hawaiian Elders. College of Health and Social Welfare University of Alaska Anchorage pg. 14. [http://www.uaa.alaska.edu/elders/upload/yr2\\_2boarding-school.pdf](http://www.uaa.alaska.edu/elders/upload/yr2_2boarding-school.pdf)
4. Felitti VJ, Anda RF, Nordenberg D, Williamson DF, Spitz AM, Edwards V, Koss MP, Marks JS. Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults: the adverse childhood experiences (ACE) study. American Journal of Preventive Medicine 1998;14:245–258.\
5. Centers for Disease Control and Prevention. Adverse Childhood Experiences Study. <http://www.cdc.gov/violenceprevention/acestudy/>
6. Jack P. Shonkoff, J.P, et. al. (2012) The Lifelong Effects of Early Childhood Adversity and Toxic Stress. American Academy of Pediatrics. 2012;129:e232. <http://pediatrics.aappublications.org/content/129/1/e232.full.html>
7. Quote from Dr. Rita opening page of Healthy Native Families: Preventing Violence At All Ages, 2nd Edition. Anchorage, AK: Alaska Native Tribal Health Consortium, Alaska Native Epidemiology Center. March, 2013.

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