



WEBINAR RESOURCES

NAVIGATING TRAUMA AND ATTACHMENT: ESSENTIAL SKILLS FOR PERINATAL HEALTHCARE PROVIDERS

Resources for Perinatal Trauma

- For Assessment: [City Birth Trauma Scale](#)

Books

- Birth Trauma: A Guide for You, Your Friends and Family to Coping with Post-Traumatic Stress Disorder Following Birth by Kim Thomas ([View](#))
- Birthing Justice: Black Women, Pregnancy, and Childbirth by Julia Chinyere Oparah & Alicia D. Bonaparte ([View](#))
- Coping with Birth Trauma and Postnatal Depression by Lucy Jolin ([View](#))
- Healing After Birth: Navigating Your Emotions After A Difficult Birth by Jennifer Summerfeldt ([View](#))
- Still: A Memoir of Love, Loss, and Motherhood by Emma Hansen ([View](#))
- The Fourth Trimester: A Postpartum Guide to Healing Your Body, Balancing Your Emotions, and Restoring Your Vitality by Kimberly Ann Johnson ([View](#))

Skills-Based Resources

- [Birth Trauma Support Group](#)
- [Carolyn Spring Free Trauma Resources](#)
- [Healthiest Babies Possible Program at Robert and Lily Lee Family CHC](#)
- [Mother Circle Online Gathering by Kimberly Ann Johnson](#)
- [Power to Push Campaign: Choices in Childbirth Counseling Service](#)
- [Reproductive & Perinatal Trauma Centre](#)

Training for Providers

- [Canadian Perinatal Mental Health Trainings](#)

For Partners

- [Helping Someone with PTSD](#)
 - Search [pathwaysbc.ca](#) using the term “Supporting Someone with PTSD”



Resources for Early Childhood Trauma

Online Resources

- [Adverse Childhood Experiences - ACEs - Patient Toolkit \(The Brain Story\)](#)
- [Irene Lyon](#)
 - Search pathwaysbc.ca using the term “*The Brain Story*”
- [Trauma Center Trauma Sensitive Yoga](#)
- [Trauma Informed Care \(TIC\) Pocket Guide \(NYC Health + Hospitals\)](#)
 - Search pathwaysbc.ca using the term “*TIC Pocket Guide*”

Books

- Call of the Wild: How We Heal Trauma, Awaken Our Own Power, and Use It For Good by Kimberly Ann Johnson ([View](#))
- Complex PTSD: From Surviving to Thriving by Pete Walker ([View](#))
- Good Inside by Becky Kennedy ([View](#))
- Healing Trauma by Peter A, Levine ([View](#))
- My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies by Resmaa Menakem ([View](#))
- The Adverse Childhood Experiences Guided Journal: Neuroscience-Based Writing Practices to Rewire Your Brain from Trauma by Donna Jackson Nakazawa ([View](#))
- The Complex PTSD Workbook: A Mind-Body Approach to Surviving Trauma and Becoming Whole by Arielle Schwartz ([View](#))
- What My Bones Know: A Memoir of Healing from Complex Trauma by Stephanie Foo ([View](#))

Podcasts

- [Black Girls Heal](#)
- [Carolyn Spring Podcast](#)
- [The Healing Trauma Podcast](#)



Resources for Attachment

Online Resources

- [Circle of Security International](#)
- [ERA: Parent with Purpose](#) (*Phone application*)
- [Good Inside](#): Online trainings and podcast
- [HealthLinkBC: Baby's Best Chance: Parents' Handbook of Pregnancy and Baby Care](#)
- [Lovevery](#) Playkit Guides

Books

- Good Inside by Becky Kennedy ([View](#))
- Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive by Daniel J. Siegel & Mary Hartzell ([View](#))
- Raising a Secure Child: How Circle of Security Parenting Can Help You Nurture Your Child's Attachment, Emotional Resilience, and Freedom to Explore by Kent Hoffman, Glen Cooper & Bert Powell ([View](#))
- The Conscious Parent by Shefali Tsabary ([View](#))