

# LEARN MORE ABOUT NEAR SCIENCES

[Neurobiology/Brain Science](#)



[Epigenetics & Historical Trauma](#)



[Adverse Childhood Experiences](#)



[Resiliency & Protective Factors](#)



[Get Involved & Stay Connected](#)





## LEARN MORE

### Neurobiology/Brain Science

- Video: Alberta Family Wellness Initiative video "How Brains are Built"  
<http://www.albertafamilywellness.org/resources/video/how-brains-are-built-core-story-brain-development>
- Scholar: [Dr. Dan Siegel](#)
  - Author of The Whole Brain Child (co-author Tina Payne Bryson) and the accompanying workbook for parents. Video/Concept: [Handy Model of the Brain](#)
- Scholar: Dr. Bruce Perry
  - Infographic - [the Three Rs - Learning Brain](#)
  - Video - [The Neurosequential Model | Stress, Trauma and the Brain](#)

### Epigenetics & Historical Trauma Resources

- Scholar: Dr. Maria Yellow Horse Brave Heart
  - A Native American scholar, social worker/mental health practitioner, and associate professor who developed a framework for understanding historical trauma of Lakota people, which has since been expanded and applied to understanding other communities that have experienced collective group trauma. Linked are an [interview](#), and a [webpage](#) focused on Healing Collective Trauma.
- Scholar: Dr. Brian Dias
  - Co-principal investigator of the [Cherry Blossom Study](#).
  - He has an August 2020 [TEDx: Halting Legacies of Trauma](#)
- Podcast: [Remembering Resilience](https://rememberingresilience.home.blog/)
- Podcast: Inheritance Radio Lab - <https://www.wnycstudios.org/podcasts/radiolab/episodes/251876-inheritance>



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### Adverse Childhood Experiences (ACEs) Resources

- Scholar: Dr. Robert Anda, the co-principal investigator of the 1st ACE Study who reviewed & approved the ACE
- Scholar: Dr. Nadine Burke Harris, author of *The Deepest Well: Healing the Long-Term Effects of Childhood Adversity*, Ted Talk [How Childhood Trauma Affects Health Across a Lifetime](#)
- Infographic: [We Can Prevent Childhood Adversity](#)[Infographic](#) from the Centers for Disease Control and Prevention on ACEs
- Video: [Personal and Parental Reflections on Adverse Childhood Experiences](#)

### Resilience & Protective Factors Resources

- Scholar: Dr. Amit Sood, MD, a provider at the Mayo Clinic in Rochester, MN provides access to the FREE daily healing audio messages at this link: <https://www.resilientoption.com/>
- Video: [Why Attachment is Everything](#) - Garbor Mate
- Video: Practicing Resilience [Playlist](#)
- Video: [ACE Primer](#)
- Video: [Activities for Self-Regulation](#) with Dr. Bruce Perry
- Make It Okay
  - This link provides ideas about phrases or responses you could use when people share about challenges they are experiencing.  
*Note that you do not have to be a trained therapist to use these scripts!*  
<https://makeitok.org/what-to-say/>
  - This link provides an overview of what mental illness is (and isn't). It provides an overview of symptoms, causes, conditions, and people's personal experiences with the mental illness.  
<https://makeitok.org/what-is-a-mental-illness/>



## LEARN MORE

### Get Involved & Stay Connected

#### Connect

- Learn about ACEs and Resiliency efforts in Minnesota by joining the Minnesota ACEs Action network <https://www.pacesconnection.com/g/minnesota-aces-action>
- Learn how individuals and organizations are building trauma-responsive systems across the nation by joining the PACES Connection <https://www.pacesconnection.com/>

#### Get Involved

- Are you interested in being trained as an ACE Interface presenter, and joining our learning community/network in Minnesota? If so, fill out your name on this “Interested in Being a Presenter form” and we will contact you when spots are available in the future. <https://familywiseservices.org/ace-interface-presenter-interest-form/>