Capacity Building Resources:

The following list of resources are suggested as tools for building capacity in how we meet the needs of those we serve. Today we have access to research and studies that inform the reality of trauma, it’s impact on the brain, and how it informs behavior in youth and adults. That being said, it is important that we continue to build our capacity to be properly equipped to meet the needs of all students. While the suggested materials are specifically suited for educators and students, many of the resources can be applied in various settings that serve people.

* Resource: The Body Keeps The Score-Dr. Bessel Van Der Kolk MD (Book- hard copy/audio)

Purpose: Understanding how trauma, the brain, and researched strategies for healing.

Summary:

Dr. Van Der Kolk’s research is rooted in understanding the brain, trauma, and how it impacts the brain. Also, how trauma lives in the body and can inform behavior. Dr. Bessel offers a certification course on trauma informed intensive care that aligns with his book, The Body Keeps The Score. The course can be found at PESI.com website. PESI.com offers many courses associated with trauma and trauma care.

* Resource: Post Traumatic Slave Syndrome 2nd edition-Dr. Joy DeGruy (Book)

Purpose: Proven Relationship Model and Framework (amongst many other useful research).

Summary:

Dr. DeGruy is an internationally revered lecture and consultant on the matters of race, trauma, and the impacts of historical racism. She has designed various models that build the capacity of educators to engage students of color to eliminate the school-to-prison pipe line, achievement gap, and suspensions. Her new book offers a specific framework that builds the capacity of adults and students to establish/sustain relationships.

* Resource: My Grandmother’s Hands-Resmaa Menakem (Book- hard copy/audio)

Purpose: Understanding racialized trauma and strategies for engaging. Resmaa provides self-care strategies that are useful to respond and address trauma when triggered.

Summary:

Resmaa’s work is infused throughout the book. He provides researched strategies and activities that are practical and easy to do. This book can be a life changer.

Additional Recommendations:

1. Culturally Responsive Teaching & The Brain – Zaretta Hammond
2. Teaching With The Brain In Mind – Eric Jensen
3. Emerging Healers – Chevonna Gaylor