

# ROADMAP TO RESILIENCE

## PODCASTS

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[What is Resilience?](#)  
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[Trauma and Resilience: How the Helpers Help Themselves](#)

## VIDEOS

[What are ACEs and why do they matter?](#)  
[Childhood Trauma: Children's Behavior Tells Us A Lot](#)  
[Building Resilience in Children Starts with Parents](#)  
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[Building Trust with Children through Genuine Interest](#)  
[Tips For Reducing Trauma in Medical Settings](#)  
[Responsive Relationships Build Resilience: The Importance of Parent Self-Care](#)  
[What is dissociation and why do children dissociate?](#)  
[How to Talk to a Child Who is Dissociating](#)  
[Normal Imaginative Play versus Dissociation in Children](#)  
[Why Children May Not Disclose Sexual Abuse](#)  
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[Intimate Partner Homicide: Traumatic Grief Explained](#)  
[Ways to Support Overwhelmed Parents](#)  
[Navigating Cross-Cultural Contexts: Curiosity is Key](#)  
[Advice for Psychologists Conducting Immigration Evaluations](#)  
[Understanding the "Moral Universe" of Children](#)  
[How Parents Can Help Protect Their Children Online](#)  
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[How Pediatricians Can Approach Trauma-Informed Care](#)  
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[Incorporating Trauma-Informed Care in Pediatric Training](#)  
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[Advice for Students in Clinical Training Programs](#)  
[A Student's Thoughts on What Clinical Training Supervisors Should Not Do](#)  
[There is No Health Without Mental Health](#)  
[How the Legal System Can Support Child Witnesses and Survivors](#)  
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[Trauma-Informed Care for Justice-Involved Youth](#)  
[How Judges Can Support Children Who Experience Trauma](#)  
[Recognizing Systems and Policies That Create Trauma](#)



[Parents, You Are the Expert on Your Kids](#)  
[What role should the community play in fostering resilience?](#)  
[Building Community Relationships with Law Enforcement](#)  
["What happened to you?" is Not the Right Policy Question to Ask](#)  
[How Mental Health Providers Can Advocate for Social Justice](#)  
[3 Ways to Connect Marginalized Communities with Mental Health Resources](#)  
[What does it look like to empower communities to make decisions?](#)

## INFOGRAPHICS

[Increasing Resilience in Children Who Have Experienced Trauma](#)  
[5 Ways Trauma and Health are Intergenerational \(en Español\)](#)  
[Dissociation in Children and Adolescents \(en Español\)](#)  
[Supporting Children who Experience Sexual Abuse \(en Español\)](#)  
[Understanding the Impact of Child Sexual Exploitation and Shame \(en Español\)](#)  
[How Should Caregivers Respond to a Child Telling Them About Sexual Abuse? \(en Español\)](#)  
[Fostering Resilience in Child Survivors of Intimate Partner Violence](#)  
[How Can Mental Health Professionals Help Immigrants Navigate Cross Cultural Differences? \(en Español\)](#)  
[Talking to Children About Traumatic Events \(en Español\)](#)  
[As a Mental Health Provider, How Can I be an Ally to Vulnerable Youth?](#)  
[5 Pieces of Advice for New Clinicians](#)  
[Tips for Reducing Trauma in Medical Settings \(en Español\)](#)  
[How Should Pediatricians Approach Trauma Informed Care?](#)  
[The Intersection Between the Juvenile Justice System and Trauma](#)  
[Fostering Resilience in Under Resourced Communities \(en Español\)](#)

PREPARED BY  
PANDEMIC PARENTING

*Roadmap to Resilience is a collaboration between Pandemic Parenting and the University of Connecticut School of Medicine Center for the Treatment of Developmental Trauma Disorders, with special thanks to the Inter-Organizational Child Trauma Task Force.*