NEW YORK STATE TRAUMA-INFORMED NETWORK

FOCUS FORWARD...

BRINGING YOU THE LATEST NEWS FROM THE NYS TRAUMA INFORMED NETWORK

Resources | Connection | Inspiration

FOCUS
Get informed with this month's special focus:
Nurturing Mind, Body and Spirit

NEW RESOURCES
Check out these centralized resources to manage stress and uncertainty

CHAMPION'S CORNER
Features champions:
Chrys Ballerano

TIPS
Getting the most from the NYS Trauma-Informed Network

WELCOME
TO THE NEW YORK STATE TRAUMA-INFORMED NETWORK

We're here to connect you with other organizations around NYS, **bringing you resources and events on a variety of topics that promote trauma-responsive practices.**

Our goal is to support champions of trauma responsive practices across the state with improved connection and access to quality resources. Together we can increase the collective understanding of trauma, improve practice, and support resilience throughout New York State.

FOCUS ON: Nurturing Mind, Body and Spirit

Focus

How Yoga Helps Heal Trauma:
A conversation with Dr. Bessel van der Kolk

Bessel van der Kolk MD, is a clinical psychiatrist whose work attempts to integrate mind, brain, body, and social connections to understand and treat trauma. He is the author of The Body Keeps the Score, which examines how trauma affects the brain and body, and looks at a variety of treatments, including yoga. He answered questions about how yoga can be a powerful element in healing trauma for the Kripalu Center for Yoga and Health.

Read the Q & A with Dr. van der Kolk

Read this Month's Blog

Additional Resources

Here are some additional resources on Mind, Body, and Spirit Approaches to Healing, Recovery, and Restoration:

- Yoga Practice as Trauma-Informed Care - Online 10/22/20
- The Interfaith Amigos: Spiritual wisdom and humor 10/27/20
- The Healing Place Podcast: the 7 Mindsets
- Courageous Conversations during Turbulent Times: Separation to Oneness 10/17/20

Search Resources and Events at the NYS Trauma-Informed Network for more

Champion's Corner

This month we acknowledge the contributions of Chrys Ballerano, Senior Director of Collaboration and Training for the NYS Coalition against Sexual Assault (NYSCASA) and NYS Trauma-Informed Network Advisory Council member.

In her personal and professional endeavors, Chrys is a committed advocate to holistic health and recovery for individuals, families, and communities. In this month's BLOG, Chrys offers us insight into her perspectives on yoga as a trauma-informed practice. If this topic area interests you You may also want to consider these books, among so

many others in the marketplace:

- **Yoga for Emotional Balance. Simple practices to help relieve anxiety and depression** by Bo Forbes, PsyD.
- **Overcoming Trauma through Yoga. Reclaiming Your Body** by David Emerson and Elizabeth Hopper, PhD.
- **Yoga Body and Mind Handbook: Easy Poses, Guided Meditations, Perfect Peace Wherever You Are** by Jasmine Tarkeshi
- **Yoga for Children: 200+ Yoga Poses, Breathing Exercises, and Meditations for Healthier, Happier, More Resilient Children** by Lisa Flynn

We acknowledge Chrys for her continued commitment to nurturing our minds through these opportunities for deeper learning. Connect with Chrys at her upcoming online discussion: Yoga Practice as Trauma-Informed Care.

TIPS

Here are some suggestions to help you get the most out of the NYS Trauma-Informed Network. Add a resource, share an event, help us spread the word and drive change in NYS.

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