



NCTSN Resources Related to Understanding Child Traumatic Stress

With over 1,000 resources available, the National Child Traumatic Stress Network (NCTSN) provides critical information for families and caregivers, child welfare and justice system professionals, school personnel, healthcare providers, youth, and policy makers through fact sheets, videos, resource guides, webinars, online courses, and more.

This resource list serves as a guide for child-serving professionals and families new to the information available through the NCTSN including an overview of the NCTSN, along with a brief introduction to child traumatic stress, its causes, and consequences.

The NCTSN is a unique network of trauma experts bringing together frontline providers, family members, researchers, and national partners to develop and disseminate high-quality, trusted information about childhood trauma.

About the NCTSN

What is child traumatic stress? What is the NCTSN? Why was the NCTSN established? Start here to learn the basics and to begin to understand the impact of child traumatic stress and the importance of the NCTSN in addressing the issue. We recommend this section for both child-serving professionals and families.

- [Understanding Child Trauma and the NCTSN](#)
This fact sheet, designed for a general audience, policymakers, and providers, gives an overview of child traumatic stress as well as the National Child Traumatic Stress Network.
- [NCTSN Public Service Announcement \(Full Length\)](#)
This 3-minute video, designed for a general audience, policymakers, and providers, is the National Child Traumatic Stress Network's Public Service Announcement. It gives a brief introduction to the NCTSN, details why supporting children and families who have experienced trauma is important and describes what can be done to support children and families through recovery.
- [The NCTSN Impact: Creating a Trauma-Informed Nation](#)
This video, designed for a general audience, policymakers, and providers, offers a look at how the NCTSN has impacted the children and families it serves. It includes snippets of Network members talking about being a part of the Network and how it has changed the work they do with children.

About Child Traumatic Stress

After looking through the resources above, you may have more questions about child traumatic stress – what are the signs and symptoms, does it vary based on age, are there central concepts or themes to treating its affects? This section can answer some of those questions and provide a nice foundation for understanding other resources in this list. We recommend this section for both child-serving professionals and families.

- [What Is Child Traumatic Stress?](#)
This fact sheet, designed for a general audience, parents, caregivers, and providers, defines child traumatic stress. It provides an overview of trauma, describes traumatic stress symptoms, and ways children may be impacted.



- [Age-Related Reactions to a Traumatic Event](#)
This fact sheet, designed for a general audience, parents, caregivers, and providers, breaks down how young children, school-age children, and adolescents react to traumatic events and offers suggestions on how parents and caregivers can help and support them.
- [The 12 Core Concepts: Concepts for Understanding Traumatic Stress Responses in Children and Families](#)
This fact sheet, designed for providers, outlines and describes The 12 Core Concepts: Concepts for Understanding Traumatic Stress Responses in Children and Families. These core concepts serve as a conceptual framework for organizing foundational knowledge about trauma-informed care.

For Child-Serving Professionals

As a child-serving professional, you intersect with children, families, and communities regarding a wide-range of topics. We recommend these resources as a way for you to get acquainted with child traumatic stress as well as to give an idea of the range of materials offered through the NCTSN website.

- [Attachment Vitamins: Interactive Course on Early Childhood Attachment, Stress, and Trauma](#)
This eLearning course, designed for caregivers and child-serving professionals who work with children aged zero to five and their families, is a 3-hour interactive course that provides an overview of early social-emotional development with insights and suggestions to support healthy and mutually satisfying child-caregiver relationships.
- [Complexity of Traumatic Experiences](#)
This eLearning lesson, designed for providers, is a 25-minute interactive lesson that offers learners an understanding of the complexity that makes up every traumatic event. It discusses children's subjective reactions to these moments, the range of possible protective actions, and describes how the degree of complexity often increases in cases of multiple or recurrent trauma exposure, and in situations where a primary caregiver is a perpetrator of the trauma.
- [Creating Trauma-Informed Systems](#)
This webinar series, designed for professionals and administrators, focuses on describing and advocating for creating trauma-informed child-serving systems including juvenile justice, child welfare, healthcare, mental health, school, and law-enforcement.
- [Culture and Trauma](#)
These webpages, designed for a general audience, providers, and professionals, address how trauma intersects in many different ways with culture, history, race, gender, location, and language. These pages take a systems approach to cultural awareness, responsiveness, and understanding as essential to increasing access and improving the standard of care for traumatized children, families, and communities across the United States.
- [Evidence-Based Practice: NCTSN Position Statement](#)
This position statement, designed for supervisors, administrators, and providers, illustrates the NCTSN's commitment to the principle and use of clinical treatments for children and adults who have experienced traumatic events that have undergone the rigor of scientific investigation and are consistent with the ethical responsibilities of clinical practice within the NCTSN.
- [Overview of the 12 Core Concepts](#)
This eLearning lesson, designed for providers, is a 35-minute interactive lesson that helps learners understand The 12 Core Concepts for Understanding Traumatic Stress Responses in Children and Families and create a trauma lens through which they can view and better comprehend the effects of traumatic experiences and losses. In this interactive module, learners will walk through each concept, its definition, and practical examples and tips.




- [Resilience and Child Traumatic Stress](#)
This fact sheet, designed for providers, teachers, school staff, child welfare staff, and juvenile justice professionals, defines resilience and factors that enhance resilience in children following a potentially traumatic event.
- [Secondary Traumatic Stress](#)
This webinar, designed for all child-serving professionals, addresses the complex impact of secondary traumatic stress, vicarious trauma, compassion fatigue, and burnout.
- [Skills for Psychological Recovery](#)
This eLearning course, designed for providers and other child-serving professionals, is a 5-hour interactive course developed to help disaster survivors gain skills to manage distress and cope with post-disaster stress and adversity. This course is for individuals who want to learn about using SPR, the goals and rationale of each core skill, delivering SPR, and supporting survivors in the aftermath of a disaster or traumatic event.
- [The Impact of Interpersonal Trauma in Early Childhood and Ways We Can All Help](#)
This video series, designed for providers, child welfare staff, medical professionals, and school staff, discusses the impact of trauma on young children including its impact on brain, social, emotional, and cognitive development; and parent-child relationship and parenting dynamics. Dr. Reyes also describes trauma-informed interventions, common factors in most trauma treatments, and ways that providers can promote empowerment, hope, and safety.
- [Trauma and Development Part I: How to Think Development](#)
This eLearning lesson, designed for providers, child welfare staff, medical professionals, and school staff, is a 35-minute interactive lesson developed to help guide learners to think developmentally when working with children who have experienced trauma. This lesson outlines how thinking developmentally involves taking note of the particular age when a trauma exposure occurs, theorizing about what current developmental tasks it may disrupt, and which developmental competencies a child may fail to acquire and master.
- [Trauma and Families: A Fact Sheet for Providers](#)
This fact sheet, designed for providers, child welfare staff, medical professionals, and school staff, gives information about trauma, including what trauma is, how it can impact a family, and ways providers can support families experiencing traumatic stress.
- [Trauma and Loss Reminders](#)
This eLearning lesson, designed for providers, child welfare staff, medical professionals, and school staff, is a 20-minute interactive lesson that offers information on what trauma and loss reminders are and how traumatic events often generate secondary adversities. It discusses how these changes can tax the coping resources of the child, family, and broader community, can create challenges to adjustment and recovery, and how children's exposure to trauma reminders and loss reminders can serve as additional sources of distress.


For Families


Are you a family member looking for resources? In addition to the resources recommended above, we also recommend the following resources for families that want to know more or who are looking for specific tools to use with their children.


- [Age-Related Reactions to a Traumatic Event](#)
This fact sheet, designed for parents, caregivers, and the general public, breaks down how children and adolescents react to traumatic events and offers suggestions on how parents and caregivers can help and support them.



-  **[Help Kids Cope](#)**
This app, designed for parents and caregivers, helps them talk to their kids about the disasters they may face and know how best to support them throughout—whether sheltering-in-place at home, evacuating to a designated shelter, or helping your family heal after reuniting.

-  **[Trauma and Your Family](#)**
This fact sheet, designed for parents and caregivers, provides information about trauma, what traumatic stress is, how common trauma is, how it impacts a family, as well as things that families can do to cope with traumatic stress.

-  **[Understanding Child Traumatic Stress: A Guide for Parents](#)**
This fact sheet, designed for parents and caregivers, offers information about child traumatic stress, the best way to treat child traumatic stress, what parents and caregivers can do at home for their children, and how they can make sure their children receive support.

-  **[What Is Child Traumatic Stress?](#)**
This fact sheet, designed for parents, caregivers, and the general public, defines child traumatic stress, gives an overview of trauma, describes traumatic stress symptoms, and the ways children may be impacted.

For information about different trauma types, populations at risk, trauma-informed care, and treatments and practices visit www.NCTSN.org