

Additional Resources

What	Details	Where to go
'Why I am Rude' – YouTube video	A short, thought-provoking video detailing some of the drivers behind behaviour.	https://www.youtube.com/watch?v=jED4ZxLcLB4
Mona Delahooke, Clinical Psychologist	<ul style="list-style-type: none"> • Beyond Behaviours: using Brain Science and Compassion to Understand and Solve Children's Behavioural Challenges • Brain-Body Parenting: how to stop managing behavior and start raising joyful, resilient kids 	www.monadelahooke.com
Anchored: how to befriend your nervous system using polyvagal theory – Deb Dana, Clinician	The Polyvagal Theory is a collection of proposed evolutionary, neuroscientific, and psychological constructs pertaining to the role of the vagus nerve in emotion regulation, social connection and fear response.	www.rhythmofregulation.com
The Invisible Lion: how to tame your nervous system and heal your trauma	<p>The Invisible Lion is a deeply personal and insightful exploration of how our human experience is shaped by our nervous system's response to trauma, and how we can tame our nervous system and heal our trauma to improve our happiness, health, and relationships.</p> <p>The Invisible Lion offers readers a new lens through which to view their own struggles while also demystifying mental health challenges. It provides tools and understanding to help people identify and</p>	https://www.benjaminfry.co.uk/the-invisible-lion/

	address their own invisible lions, and heal from their trauma, fostering a more compassionate and supportive world.	
Polyvagal Institute	Polyvagal Theory courses and trainings taught by our co-founders Stephen Porges and Deb Dana, plus other experts!	www.polyvagalinstitute.org/pvicourses
Family Links Nurturing Programme	The Nurturing Programme is a 10- week parenting programme that improves the emotional health of both adults and children and strengthens family relationships.	https://www.centreforemotionalehealth.org.uk/10-week-nurturing-programme
Centre for Emotional Health	Training courses and resources that develop understanding, skills and the ability to support the development of good emotional health.	The Centre for Emotional Health Training for professionals working with families
Brené Brown on Empathy vs Sympathy	What is the best way to ease someone's pain and suffering? In this beautifully animated RSA Short, Dr Brené Brown reminds us that we can only create a genuine empathic connection if we are brave enough to really get in touch with our own fragilities.	Brené Brown on Empathy vs Sympathy (youtube.com)