

Introduction to TF-CBT Training Videos

Brain Builders – Trauma & Brain Development (4 min)

<https://www.youtube.com/watch?v=23jDxNOdDCk>

Belly Breathe – Sesame Street Song (2.5 min)

<https://www.youtube.com/watch?v=mZbzDOpylA>

Never Give Up – Youth Produced for Teens with Complex PTSD (14.29)

<https://www.youtube.com/watch?v=y8XaYdQfV3A>

Remembering Trauma – Inspired by true story; preview before sharing (16:00)

<http://www.rememberingtrauma.org>

Inside Out – Dinner Discussion (3.19 min)

<https://youtu.be/t4okAfKCwRk>

Inside Out – Sadness comforts Bing Bong (2.56 min)

<https://www.youtube.com/watch?v=GgQBPSECgZg&t=4s>

Brene Brown - Empathy (3min)

<https://www.youtube.com/watch?v=1Evwgu369Jw>

Kung Fu Panda – Rationale for Exposure (4.5min)

<https://www.youtube.com/watch?v=RqjIkkwMlnw>

Elizabeth Smart Video (11.36 min)

<https://www.youtube.com/watch?v=h0C2LPXaEW4>

Read Aloud Books:

A Terrible Thing Happened (6.11 min)

<https://youtu.be/qFgixM4nTg0>

Healing Days (9.45 min)

<https://youtu.be/n7NPMWAmJMQ>

Somebody Cares: A Guide for Children Who Have Experienced Neglect
(8.49)

<https://youtu.be/QOqXY-fxuAc>

Maybe Days

<https://youtu.be/sBo7Lv7d5oI>

My Body – Animated Child Psychoed & Abuse Prevention (4min)

<https://www.youtube.com/watch?v=a-5mdt9YN6I>

Rosie Remembers Mommy – Forever in Her Heart (7.15 min)

<https://www.nctsn.org/resources/rosie-remembers-mommy-forever-her-heart>