

# Resources for Clinicians

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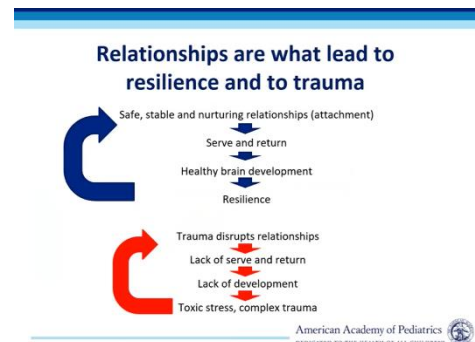
## Pediatric Approach to Trauma, Treatment and Resilience (PATTeR)

**PATTeR ECHO Series:** The Pediatric Approach to Trauma, Treatment and Resilience (PATTeR) educational series, *Trauma and Resilience*, used the Extension for Community Healthcare Outcomes (ECHO) model.

ECHO is an internet-based, interactive learning model that uses video conferencing technology to bring together specialty care providers/experts and providers in local communities. Each live ECHO session consists of a didactic presentation and de-identified case-based discussion.

**Currently, no live AAP Trauma and Resilience ECHO sessions are being implemented; however, video recordings from previous cohorts are provided below.**

## ECHO: Level 1 AAP Trauma and Resilience ECHO



**Purpose:** This series consists of 6 sessions and was designed to help the learner develop familiarity with childhood trauma, its presentation in pediatric practice, its impact and effect, and basic skills to support families who have experienced trauma.

**Uses:** This ECHO series can be shared with pediatric providers as an educational and training resource. Some past program participants now use these recordings to support education and training with residents. For example, residents can watch the recordings and engage in reflective discussions following each session.

**Access:** [Level 1 AAP Trauma and Resilience ECHO](#) (middle of web page)

**Session 1:** [Overview of Trauma and Resilience](#)

**Session 2:** [Physiology of Trauma](#)

**Session 3:** [Engagement and Screening](#)

**Session 4:** [Promoting Resilience](#)

**Session 5:** ["How To": What to Say and Do in the Office](#)

**Session 6:** [You Already Do This: How to Incorporate Trauma Informed Care Into Your Everyday Practice](#)

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## ECHO: Level 2 AAP Trauma and Resilience



**Purpose:** This series consists of 12 sessions and was designed to help the learner develop advanced clinical skills in trauma recognition, screening and response, interventions and resources, and competency to implement trauma-responsive care in their own practice and train others. You can view all didactic recordings below.

**Uses:** This series can be shared with pediatric providers as an educational and training resource. Some past program participants now use these recordings to support education and training with residents. For example, residents can watch the recordings and engage in reflective discussions following each session.

**Access:** [Level 2 AAP Trauma and Resilience \(middle of web page\)](#)

**Session 1:** [Burnout and Secondary Traumatic Stress](#)

**Session 2:** [Epigenetics](#)

**Session 3:** [Understanding Attachments: A Deeper Dive](#)

**Session 4:** [Trauma Symptoms](#)

**Session 5:** [Parental ACEs](#)

**Session 6:** [Positive Purposeful Parenting](#)

**Session 7:** [Culture And Trauma](#)

**Session 8:** [How Trauma Presents Across the Age Span](#)

**Session 9:** [Evidence-based Treatments of Trauma](#)

**Session 10:** [Trauma Assessment and Suicide Prevention](#)

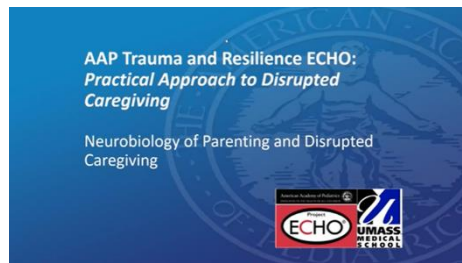
**Session 11:** [Promoting Regulation](#)

**Session 12:** [Weave: When Everything You Already Ventured isn't Enough](#)

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## ECHO: AAP Trauma and Resilience ECHO: Practical Approach to Disrupted Caregiving series



**Purpose:** This series consists of 4 sessions and was designed to help the learner develop advanced understanding of the neurobiology involved in parenting and how the neural pathways can be disrupted. You can view all 4 didactic recordings below.

**Uses:** This ECHO series can be shared with pediatric providers as an educational and training resource.

**Access:** [AAP Trauma and Resilience ECHO: Practical Approach to Disrupted Caregiving series](#)

**Session 1:** [Neurobiology of Parenting and Disrupted Caregiving](#)

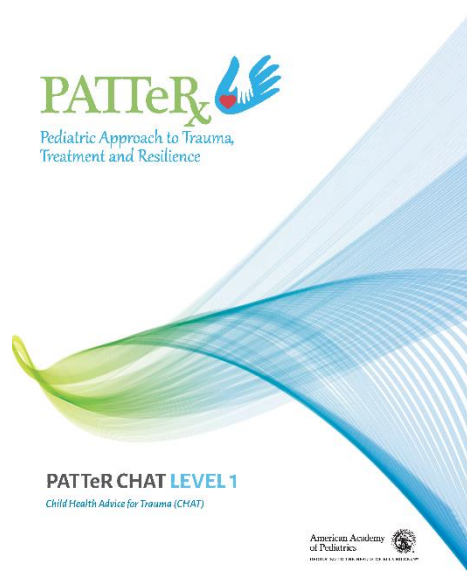
**Session 2:** [Engagement and Coaching Caregivers in the Context of Disrupted Caregiving](#)

**Session 3:** [Surveillance and Support in Setting of Substance Misuse by Caregivers](#)

**Session 4:** [Bedside and Beyond the PPD Screeners: Pediatric Care and Caregiver Mood Disorder](#)

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## Manual: PATTeR Child Health Advice for Trauma (CHAT) Manual Level 1



**Purpose** PATTeR CHAT is a resource for those who have completed the AAP Trauma and Resilience ECHO series (above).

PATTeR CHAT resources are intended to be used as reminders of curricular material, tools that can be adapted for office or clinic use, and handouts to share with colleagues or patients. This is not intended to be a review or summary of the course and is not intended to substitute for participation in the PATTeR program. The resources coincide with the lessons of PATTeR Level 1.

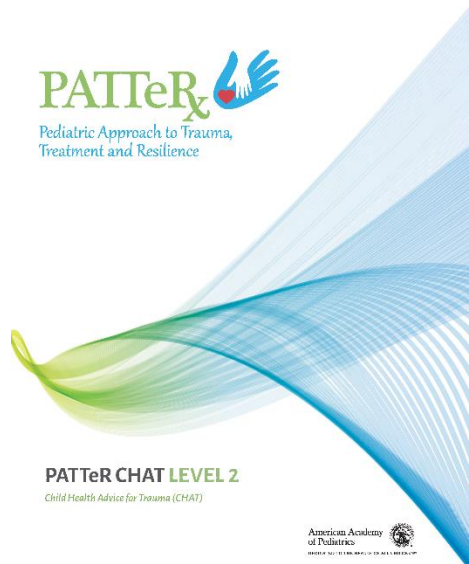
**Uses:** This manual can be shared with pediatric providers as an educational and training resource to complement the PATTeR ECHO series level 1.

**Download:** [PATTeR Child Health Advice for Trauma \(CHAT\)  
Manual Level 1](#)

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## Manual: PATTeR Child Health Advice for Trauma (CHAT) Manual Level 2



**Purpose:** PATTeR CHAT is a resource for those who have completed the AAP Trauma and Resilience ECHO series.

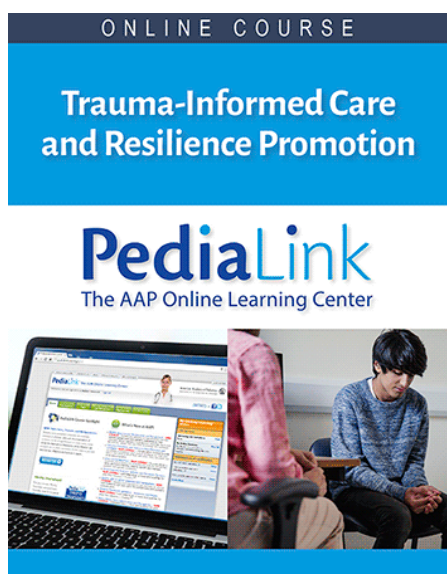
PATTeR CHAT resources are intended to be used as reminders of curricular material, tools that can be adapted for office or clinic use, and handouts to share with colleagues or patients. This is not intended to be a review or summary of the course and is not intended to substitute for participation in the PATTeR program. The resources coincide with the lessons of PATTeR Level 2.

**Uses:** This manual can be shared with pediatric providers as an educational and training resource to complement the PATTeR ECHO series level 2.

**Download:** [PATTeR Child Health Advice for Trauma \(CHAT\) Manual Level 2](#)

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## Online PediaLink Course: Trauma-Informed Care and Resilience Promotion



**Overview:** Childhood adversities and trauma, which are highly prevalent among the general pediatric population, can negatively affect lifelong health, child development, and social outcomes. This six-session video-based series aims to empower pediatricians and healthcare professionals with the knowledge and skills to implement evidence-based, trauma-informed care and resilience promotion in their everyday practice. These comprehensive videos thoroughly review the most common symptoms of trauma, identify strategies for caregivers and physicians to use to promote resilience skills and recognize the developmental and health impacts of trauma, provide guidance on effective screening and surveillance tools, offer techniques for managing trauma symptoms, and suggest when and how to refer or prescribe. *\*Share as an educational resource that offers 3 CME and 3 MOC Part 2 credits, free to AAP members, via social media – newsletter - email*

**Access:** [Trauma-Informed Care and Resilience Promotion](#)

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## Video Series: Video Case Vignette Series



**Purpose/Key Message:** The Pediatric Approach to Trauma, Treatment and Resilience (PATTeR) video case vignette series demonstrates an effective workflow for screening, referral, and follow-up for trauma. The series is produced as 3 videos; 1) Attachment, Resilience, and Trauma; 2) Shared Power and Difficult Conversations; and 3) Talking to Teens About Trauma. Each full video is separated into shorter clips to highlight important teaching points.

**Uses:** This video series can be shared with pediatric providers as an educational and training resource to develop effective workflow for supporting families who have experienced trauma and promoting resilience.



### Video Series 1: Attachment, Resilience and Trauma

**Purpose/Key Message:** In this video, the pediatrician engages with his 9-year-old patient Jake and his mom and demonstrates predictable compassionate availability, allowing the family to feel safe to express their distress and helping them regulate that distress. **The pediatrician models surveillance, screening, and resilience by asking open ended questions and starting from a resiliency approach.**

- Section 1 – [Engagement](#)
- Section 2 – [Attachment](#)
- Section 3 – [Surveillance](#)
- Section 4 – [Screening](#)
- Section 5 – [Resilience](#)



### Video Series 2: Shared Power and Difficult Conversations

**Purpose/Key Message:** In this video, the pediatrician reengages with his 9-year-old patient Jake and his mom and demonstrates how nonverbal communication can help regulate and help promote healing. **The pediatrician explains the concept of the “invisible suitcase” and refers to a trauma informed mental health provider for therapy.**

- Section 1 – [Reengagement](#)
- Section 2 – [Nonverbal communication](#)
- Section 3 – [Matching affect](#)

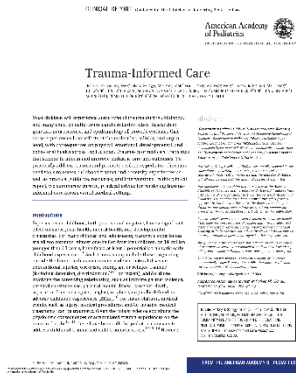


### Video Series 3: Talking to Teens About Trauma

**Purpose/Key Message:** In this video, the pediatrician engages with his teen patient, **demonstrates the steps in talking with teens about trauma and explains the importance of displaying acceptance, curiosity, and empathy.**

- Section 1 – [Steps in talking to teens](#)
  - Section 2 – [Acceptance](#)
  - Section 3 – [Curiosity](#)
  - Section 4 – [Empathy](#)
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## Clinical Report: Trauma-Informed Care



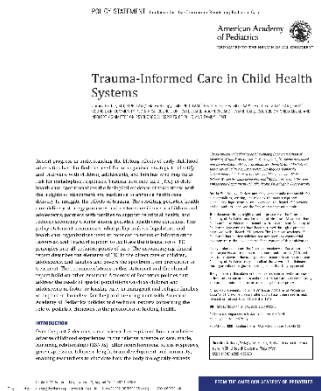
**Purpose/Key Message:** This clinical report summarizes current, practical advice for rendering trauma-informed care (TIC) across varied medical settings.

**Uses:** Share the clinical report with pediatric healthcare providers to improve provider knowledge on practicing trauma-informed care.

*\*Clinician-targeted social media – email – newsletters*

**Download:** [Trauma-Informed Care](#)

## Policy Statement: Trauma-Informed Care in Child Health Systems



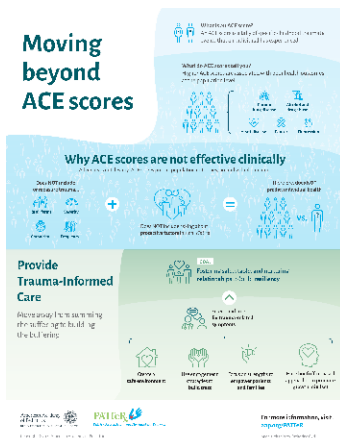
**Purpose/Key Message:** This policy statement summarizes what policy makers, legislators, and health care organizations need to consider in terms of infrastructure, resources, and financial support to facilitate the integration of TIC principles into all pediatric points of care.

**Uses:** Share the policy statement with pediatric healthcare providers as a resource to promote systems change towards integrating trauma-informed care universally.

*\*Clinician-targeted social media – email – newsletters*

**Download:** [Trauma-Informed Care in Child Health Systems](#)

## Infographic: Moving Beyond ACE Scores



**Purpose/Key Message:** This infographic explains why collecting Adverse Childhood Experiences (ACE) score is not effective clinically and how to provide trauma-informed care instead. TIC is wholistic and focuses on nurturing relationships and resiliency in children, youth, and families.

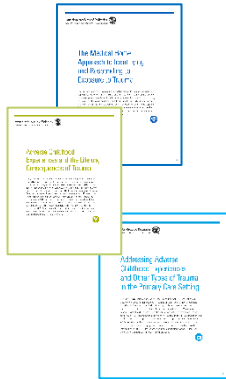
**Uses:** Download and share the infographic below to help pediatricians and pediatric healthcare providers understand why ACE scores are not effective clinically and what to do instead.

*\*Clinician targeted social media – medical conferences – newsletters*



**Download:** [Moving beyond ACE scores infographic](#)

## Series: Trauma Toolbox for Primary Care

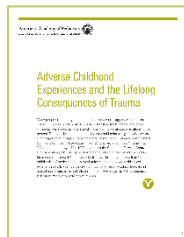


**Purpose:** This 6-part series was designed with the primary care practice in mind – those who may or may not be familiar with adverse childhood experiences (ACEs) and the process of asking families about exposure to ACEs or other traumatic events.

**Uses:** Offers information and guidance on supporting children who have experienced trauma \*Chapter newsletters – meetings - emails

**Access:** [Trauma Toolbox for Primary Care](#)

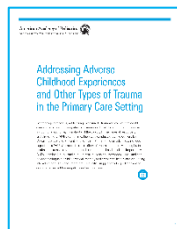
### Article: Adverse Childhood Experiences and the Lifelong Consequences of Trauma



**Purpose:** This document explains ACEs and how they contribute to adult physical and mental health outcomes.

**Download:** [Adverse Childhood Experiences and the Lifelong Consequences of Trauma](#) | Spanish version available: [Las experiencias infantiles adversas y las consecuencias del trauma para toda la vida](#)

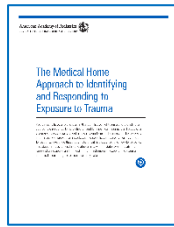
### Article: Addressing Adverse Childhood Experiences and Other Types of Trauma in the Primary Care Setting



**Purpose** This document provides initial suggestions for pediatricians to consider when addressing ACEs in their practices.

**Download:** [Addressing Adverse Childhood Experiences and Other Types of Trauma in the Primary Care Setting](#) | Spanish version available: [Cómo abordar las experiencias infantiles adversas y otros tipos de traumas en el ámbito de la atención primaria](#)

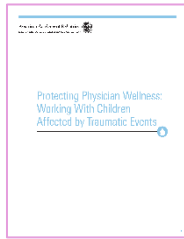
**Article:** The Medical Home Approach to Identifying and Responding to Exposure to Trauma



**Purpose** This information provides an introduction to specific things pediatricians can do to recognize evidence that a traumatic event has occurred and how to respond.

**Download:** [The Medical Home Approach to Identifying and Responding to Exposure to Trauma](#)

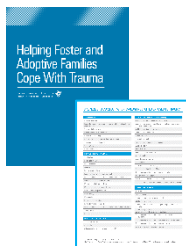
**Article:** Protecting Physician Wellness: Working With Children Affected by Traumatic Events



**Purpose:** Pediatricians need to take care of themselves. The stress from working with children who have experienced traumatic events like ACEs can be particularly hard on pediatricians and their teams.

**Download:** [Protecting Physician Wellness: Working With Children Affected by Traumatic Events](#) | Spanish version available: [Cómo cuidar el bienestar del médico: la labor con niños afectados por hechos traumáticos.](#)

**Series:** Helping Foster and Adoptive Families Cope With Trauma: A Guide for Pediatricians

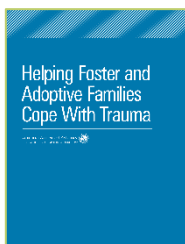


**Purpose:** In partnership with the Dave Thomas Foundation for Adoption and Jockey Being Family, the AAP has developed materials for pediatricians on how to support adoptive and foster families. It offers information and guidance on supporting adoptive and foster families.

*\*Chapter newsletters – meetings - emails*

**Access:** [Helping Foster and Adoptive Families Cope With Trauma: A Guide for Pediatricians](#)

**Article:** Helping Foster and Adoptive Families Cope With Trauma: A Guide for Pediatricians



**Purpose:** The purpose of this guide is to support adoptive and foster families by strengthening the abilities of pediatricians to:

1. identify traumatized children
2. educate families about toxic stress and the possible biological, behavioral, and social manifestations of early childhood trauma
3. empower families to respond to their child's behavior in a manner that acknowledges past trauma but promotes the learning of new, more adaptive reactions to stress.

**Download:** [Helping Foster and Adoptive Families Cope With Trauma: A Guide for Pediatricians](#) | Spanish version available: [Cómo ayudar a familias con hijos adoptivos y en acogida a sobrellevar trauma](#)

## Article: Diagnosis/Coding Tips and Screening Tools



**Purpose:** On one side of this handout is a list of diagnoses to consider when evaluating a child exposed to trauma.

**Download:** [Diagnosis/Coding Tips and Screening Tools](#)