

Holding Space Program: Supporting the Emotional Journey of Implementing Trauma-informed Practice in Early Childhood Settings

Workshop 3: Stress, Trauma, and the Brain: How Stress Impacts the Brain

Implemented on the CSU Albury-Wodonga Campus Tuesday May 13th 2025

Video Resources

What is Trauma?

The following videos are presented by Holding Space team member, Treena Costin, and provide an extended discussion of the topic: *What is Trauma?* The videos can be watched separately but we suggest viewing them as part of a series of videos, as each video builds on the previous video.

- **What is Trauma? – Part 1** provides a definition of trauma and includes examples from everyday life to help illustrate key points.
<https://www.youtube.com/watch?v=qiAr22k9GJ8>
- **What is Trauma? – Part 2** provides a more visual representation of what trauma is.
<https://www.youtube.com/watch?v=ZCp5NZWfwsI>
- **The Classification of Trauma** will hopefully help you to develop a deeper understanding of trauma and possible traumatic experiences.
<https://www.youtube.com/watch?v=wAhhwWfzqQY>