

## 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 13<sup>th</sup> 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>