

Trauma and Psychosocial Care Resource List

Hemispherectomy Foundation Australia/New Zealand Family Conference, May 2025

Emergency Mental Health Help

- **Lifeline Australia – 13 11 14 (24/7 crisis support)**
- **Kids Helpline – 1800 55 1800 (ages 5–25, 24/7)**
- **Beyond Blue – 1300 22 4636 (anxiety, depression, stress)**
- **13 YARN – 13 92 76 (for Aboriginal and Torres Strait Islander peoples)**
- **Suicide Call Back Service – 1300 659 467**
- **Parentline (State-based) – e.g. QLD & NT: 1300 30 1300**

Mental Health Therapy & Trauma Support

- **Australian Psychological Society** – [Find a Psychologist](#)
- **Head to Health** – Government mental health resource hub
- **Psychotherapy and Counseling Federation of Australia (PACFA)** – [Find a Counsellor](#)

Specific therapies

- **Accelerated Resolution Therapy (ART)** – A gentle, fast-acting therapy that helps people replace upsetting images and memories with positive ones using calming eye movements. ART often brings quick relief from nightmares, anxiety, and other trauma symptoms, without needing to talk through the trauma in detail. [Therapist Directory – Accelerated Resolution Therapy](#)
- **EMDR (Eye Movement Desensitization and Reprocessing)** – A proven therapy that helps people heal from trauma by using eye movements to gently reduce the emotional intensity of painful memories, without needing to talk in detail. EMDR is effective for PTSD, anxiety, depression, and more. [Find an EMDR Therapist® – EMDR International Association](#) or [Find an EMDR Therapist – EMDRAA](#)
- **Trauma-Informed Therapy** – This isn't one specific therapy, but a way therapists work—with understanding, compassion, and awareness of how trauma affects the whole person. It creates a safe space for healing without re-traumatization.
 - **Somatic Therapies** – These body-based therapies (like [Somatic Experiencing](#)) help people release stress and trauma stored in the body. They focus on

calming the nervous system and reconnecting with physical sensations safely. [Find a Somatic Experiencing practitioner.](#)

- **Cognitive-Based Therapies** – These talk-based therapies help people understand and manage thoughts, emotions, and behaviors affected by trauma and teach useful coping tools. **Trauma-focused Cognitive Behavioral Therapy (TF-CBT)** is a specific type of CBT tailored to address the psychological effects of trauma, helping individuals process traumatic memories, reduce distress, and develop coping skills. [Australian Psychological Society – Find a Psychologist](#); [Healthdirect Australia – Service Finder](#)
- **A Combined Approach** – Some people benefit most from a mix of both cognitive (mind-focused) and somatic (body-focused) therapies. This can support deep healing by helping the brain and nervous system recover.

Peer & Community Support Networks

- **[Brain Injury Australia](#)** – National advocacy and information hub for people affected by brain injury, including childhood stroke and acquired brain injuries.
- **[Carer Gateway](#)** – A government initiative providing free support and services to unpaid carers, including counseling, respite, peer connection, and emergency planning.
- **[Epilepsy Action Australia](#)** – Offers support services, seizure management education, and practical help for individuals and families living with epilepsy.
- **[MyTime](#)** – Peer support groups for parents and carers of children with a disability, chronic medical condition, or developmental delay. Groups are facilitated by professionals and focus on connection and emotional well-being.
- **[Pediatric Epilepsy Surgery Alliance Parent Support Navigators](#)** – Talk to a trained parent who's been through epilepsy surgery. While based in the U.S., support is available internationally, and the Hemispherectomy Foundation Australia is a partner. Peer support is available in multiple languages.
- **[Online Support Groups](#)** – Facebook groups or condition-specific forums (e.g., pediatric stroke, epilepsy, hemispherectomy, rare syndromes) can provide education and emotional support from others who truly understand.
- **[Siblings Australia](#)** offers [SibPlan \(Sibling Planning and Support Resources\)](#), [SibWorks \(Peer Support\)](#), and many other resources for siblings.

Neurological Disability & Therapy Resources – Australia

- **[Cerebral Palsy Alliance](#)** – Offers therapy, equipment support, research, and family services across NSW/ACT.
- **[Early Childhood Approach \(ECEI\)](#)** – NDIS support for children under 9 with developmental delays or disabilities. [The early childhood approach for children younger than 9 | NDIS](#)

- **International Alliance for Pediatric Stroke** – Connects families with others facing pediatric stroke and provides a phenomenal [Family Tool Kit](#).
- **NDIS (National Disability Insurance Scheme)** – The NDIS provides funding and support for people with permanent and significant disabilities. You may be able to access funding for psychological therapy, support coordination, family therapy, equipment, and respite.
- **Scope Australia** – Offers therapy, early intervention, and assistive technology for children with neurological and developmental disabilities.
- **St. Giles Therapy Services** – Provides multidisciplinary therapy services across Tasmania, including physio, OT, speech, and support coordination.
- **Children's Hospitals & Health Services** – Many children's hospitals across Australia offer specialised outpatient therapy, psychology, or complex care coordination services. Check with your local hospital or health network.

Apps

- **Breathe, Think, Do with Sesame** – Helps younger kids manage big feelings. ([IOS](#); [Android](#))
- **Calm** – children and adults, guided meditation, relaxation and breathing exercises
- **Clarity** – adults, cognitive-behavioral therapy strategies for managing stress and anxiety
- **Emotional ABCs** – children, learn emotions and self-regulation skills
- **Headspace** – Short and long meditations, relaxation, and breathing exercises to reduce stress and improve focus; for children and adults. ([IOS](#); [Android](#))
- **Positive Penguins** – children, positive thinking/resilience-building exercises
- **Smiling Mind** – Free Australian mindfulness app for all ages.
- **Mightier** – Biofeedback games that teach emotional regulation (ages 6–14).
- **Mindshift CBT** – adults, CBT strategies to help manage anxiety and stress
- **The Zones of Regulation** – Helps children understand emotions and build self-control.

Books (adults/caregivers)

- **Afraid of the Doctor** – A practical guide to help kids handle medical fears, reduce trauma, and build resilience during medical care. (Dr. Meghan Marsac and Melissa J. Hogan)
- **Anchored** – Uses Polyvagal Theory to explain how our nervous system reacts to stress, with calming tools like breathing and mindfulness. (Deb Dana)
- **And God Remembered Noah: A mother's heart-opening journey through 22 weeks in the NICU** – A moving memoir of a mother's journey with her premature baby, full of honesty, faith, and strength. (Naomi D. Williams)
- **The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma** – A well-known book on how trauma affects the body and brain and how healing is possible. (Dr. Bessel van der Kolk)

- **Making It to Monday** – One mom’s powerful story of her child’s sudden stroke and the path to resilience, hope, and healing. (Jennifer Nunes)
- **Permission to Feel** shows how understanding and embracing our emotions can transform our lives, offering science-based tools to build emotional intelligence in both kids and adults for greater success and well-being. (Marc Brackett, PhD)
- **The Posttraumatic Growth Workbook: Coming Through Trauma Wiser, Stronger, and More Resilient** is a step-by-step, science-based guide that helps people heal from trauma by not only addressing pain and stress but also by unlocking the potential for personal growth, strength, and a deeper appreciation for life. (Richard Tedeschi & Brett Moore)
- **Practicing Mindfulness** – 75 short meditations to reduce stress, improve focus, and help you feel more grounded—great for beginners. (Matthew Sockolov)
- **Retrain Your Brain: Cognitive Behavioral Therapy in 7 Weeks: A Workbook for Managing Depression and Anxiety** is a 7-week CBT workbook to help shift negative thinking, manage anxiety, and build healthy coping habits. (Dr. Seth J. Gillihan)
- **Parenting Traumatized Children with Developmental Differences: Strategies to Help Your Child’s Sensory Processing, Language Development, Executive Function and Challenging Behaviours** details how trauma affects learning and behavior, with practical tips to help kids feel safe and supported. (Dr. Sara McLean)
- **Transformed by Trauma: Stories of Posttraumatic Growth** shares powerful stories and expert insights to show that after trauma, growth is not only possible but can lead to a more meaningful, purpose-filled life—what the authors call Posttraumatic Growth. (Richard Tedeschi & Brett Moore)
- **The Whole-Brain Child** explains how understanding your child’s developing brain can help you turn everyday struggles—like tantrums, arguments, and fears—into opportunities to teach emotional control, build resilience, and raise calmer, more connected kids using simple, science-backed strategies. (Daniel Siegel & Tina Payne Bryson)

Books (young children)

- **The Big Feelings Little Workbook series** (Imogen Harrison)
- **Brave Bart: A Story for Traumatized and Grieving Children** (Caroline H. Sheppard)
- **The Color Monster** (Anna Llenas)
- **A Little SPOT of Anxiety: A Story About Calming Your Worries** (Diane Alber)
- **Sometimes I’m Anxious: A Child’s Guide to Overcoming Anxiety** (Poppy O’Neill)
- **When Harley Has Anxiety** (Regine Galanti, PhD)

Books (older children)

- **CBT Toolbox for Children and Adolescents** (Lisa Weed Phifer)
- **The CBT Toolbox for Young Adults: 170 Tools for Coping with Stress, Building Healthy Habits & Navigating Adulthood** (Lisa Weed Phifer)

- **Healing Days: A Guide For Kids Who Have Experienced Trauma** (Susan Farber Straus, PhD., and Maria Bogade)
- **The Kids' Guide to Staying Awesome and in Control** (Lauren Brukner)
- **The Trauma Treatment Toolbox for Teens: 144 Trauma-Informed Worksheets and Exercises to Promote Resilience, Growth & Healing** (Kristina Hallett and Jill Donelan)
- **The Trauma-Informed Social-Emotional Toolbox for Children & Adolescents: 116 Worksheets & Skill-Building Exercises to Support Safety, Connection & Empowerment** (Lisa Weed Phifer and Laura Sibbald)

Podcasts and Videos

- **Decision-Making for Parents of Medically Complex Children** – Making constant decisions can feel overwhelming. This talk explores how understanding your own decision style—and having provider support—can reduce stress. Also introduces *NeuroJourney*, a tool to guide families facing severe neurological conditions. (Jennifer Siedman, MEd, Director of Community Engagement at [Courageous Parents Network](#) for the [Pediatric Epilepsy Surgery Alliance](#))
- **Managing Post-Traumatic Stress Before and After Pediatric Epilepsy Surgery** – Dr. Brynn Huyssen, a trauma psychologist and hemispherectomy mom, shares strategies to cope with the emotional impact of surgery on families, before and after the hospital stay. ([Pediatric Epilepsy Surgery Alliance](#))
- **Managing the Toll of Caregiving** – Caring for a child with drug-resistant epilepsy can take a significant toll, even after seizures stop. This 3-part webinar series with expert Eileen Devine helps parents recognize and manage caregiver stress. (Presented by [Pediatric Epilepsy Surgery Alliance](#), [Hope for Hypothalamic Hamartomas](#), [Tess Research Foundation](#), [Ring14USA](#), [Phelan-McDermid Syndrome Foundation](#), [Dup15q Alliance](#), and [LGS Foundation](#))
- **The Rare Life Podcast** explores real-life parenting and trauma:
 - [Epilepsy | Unpredictability + Emotional Toll It Takes on Parents](#)
 - [EMDR Trauma Therapy](#)
 - [Medical Parent Trauma | Dealing with Triggers + Ongoing Trauma](#)
 - [Our Children's Medical Trauma](#)
- **Understanding and Addressing Pediatric Medical Trauma** – Dr. Meghan Marsac and Melissa Hogan explain how trauma affects both children and caregivers and share tips from their book, *Afraid of the Doctor*, to help families cope and heal. ([Courageous Parents Network](#))

Research & Articles

- **The Australian Traumatic Brain Injury Initiative: Statement of Working Principles and Rapid Review of Methods to Define Data Dictionaries for Neurological Conditions** – This paper explains how the Australian Traumatic Brain Injury Initiative (AUS-TBI) is working to improve care for people with moderate-to-severe brain injuries by collecting better data across Australia. It highlights that while many research groups have tried to build

tools for collecting this kind of health data, few involve people with lived experience or carers—something AUS-TBI aims to improve. (Bagg et al., 2024)

- [Cognitive and psychological dysfunction is present after a first seizure, prior to epilepsy diagnosis and treatment at a First Seizure Clinic](#) (Pugh et al., 2024)
- [Comfort Positioning in Pediatrics](#) (Child Life On Call 2023)
- [Epilepsy comorbidities present before diagnosis: Research recap with Remy Pugh and Dr. Chris Tailby](#) – A recent study in Australia screened people for cognitive and neuropsychiatric comorbidities at a first seizure clinic, before diagnosis and treatment had begun. Compared with a control group, the people attending the first seizure clinic had higher rates of comorbidities, suggesting an “underlying fundamental network disturbance.” (Epigraph 2024)
- [Epilepsy’s effects on the family: Reducing and preventing stress and anxiety](#) (Epigraph 2019)
- [Experiences of medical traumatic stress in parents of children with medical complexity](#). (Dewan et al., 2023)
- [Parenting stress does not normalize after child’s epilepsy surgery](#). (Brahms et al., 2015)
- [Parents’ Fears and Concerns About Their Child’s Epilepsy](#): Explores common anxieties and concerns among caregivers of children with epilepsy. (Caret et al., 2022)
- [Post-traumatic stress spectrum symptoms in parents of children affected by epilepsy: Gender differences](#): Examines PTSD rates in parents, finding higher prevalence in mothers, who experience more cognitive and physical stress symptoms. (Carmassi et al., 2020)
- [PTSD in Children After Epilepsy](#): Examines how children with epilepsy can develop PTSD from their medical experiences. (Jakobsen & Elklit, 2021)
- [Seizure burden in severe early-life epilepsy: Perspectives from parents](#) (Berg et al., 2019)
- [Trajectories of parent well-being in children with drug-resistant epilepsy](#) (Smith et al., 2023)
- [Understanding the Emotional Journey of Parents Of Children With Drug-Resistant Epilepsy](#) (Pediatric Epilepsy Surgery Alliance)

Want more support?

Download [The \(Almost\) Everything List](#)

our family resource guide

with tools, worksheets, links, and support strategies.

pediatric epilepsy surgery alliance.

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