

BRINGING THE BODY INTO OUR PRACTICE

- JANE EVANS



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Learning Together Online

Resource Guide

About Jane Evans

For the past 23 years, I have worked with families with multiple and complex needs emanating from experiences of childhood trauma. As an early years practitioner, respite foster carer, domestic violence parenting worker, a social work assistant and a child to parent abuse practitioner,

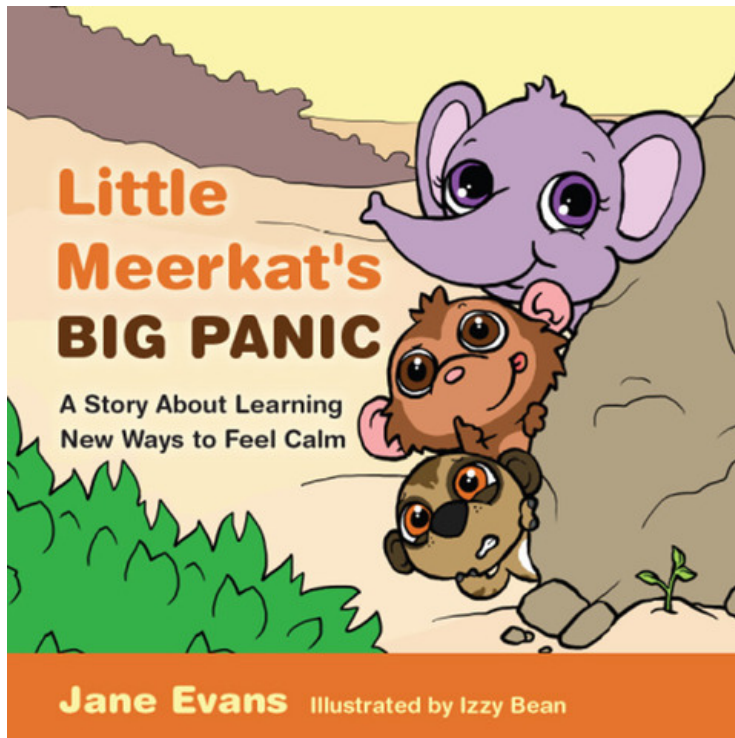
I have learned from 'doing' but have also taken on 13 years of self-education relating to trauma and attachment. This is what I bring to my speaking, training, writing and direct work with foster and kinship carers, also adoptive and birth parents.



Jane Evans
thejaneevans.com

Reading

Exploring the impact of trauma on our body and brain whilst considering the potential they have to help with the integration of trauma.

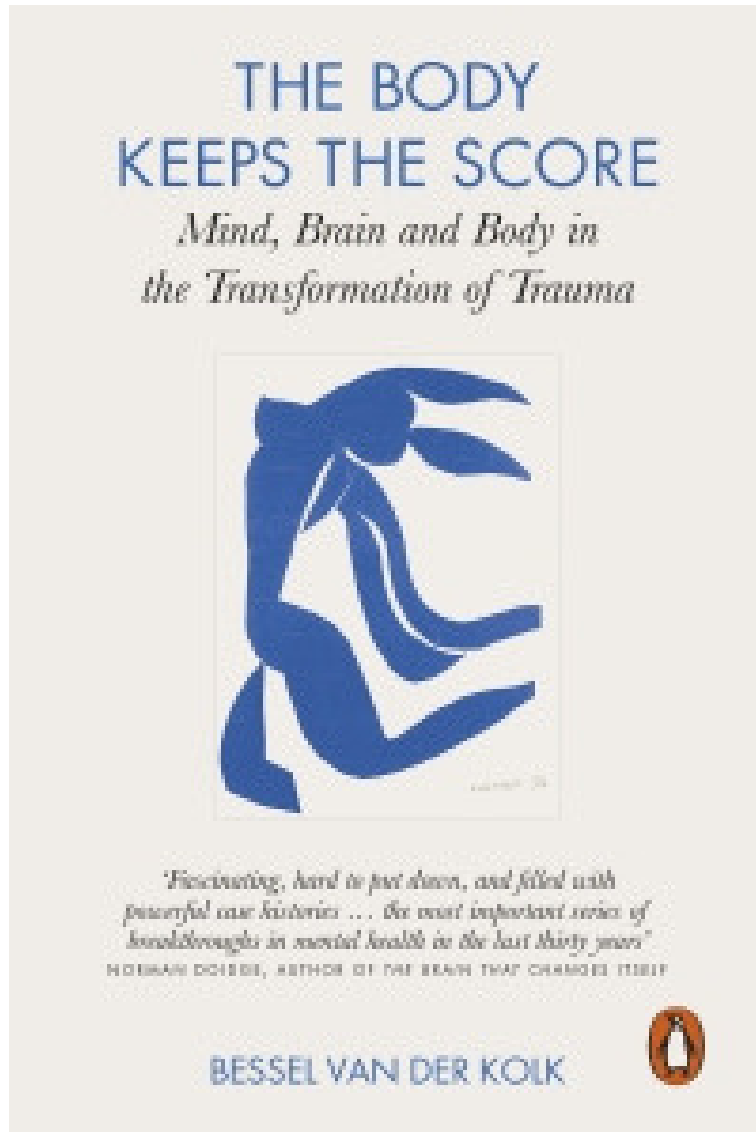


Book for CHILDREN:

**Little Meerkats Big Panic:
A Story About Learning New
Ways to Feel Calm – Jane Evans**

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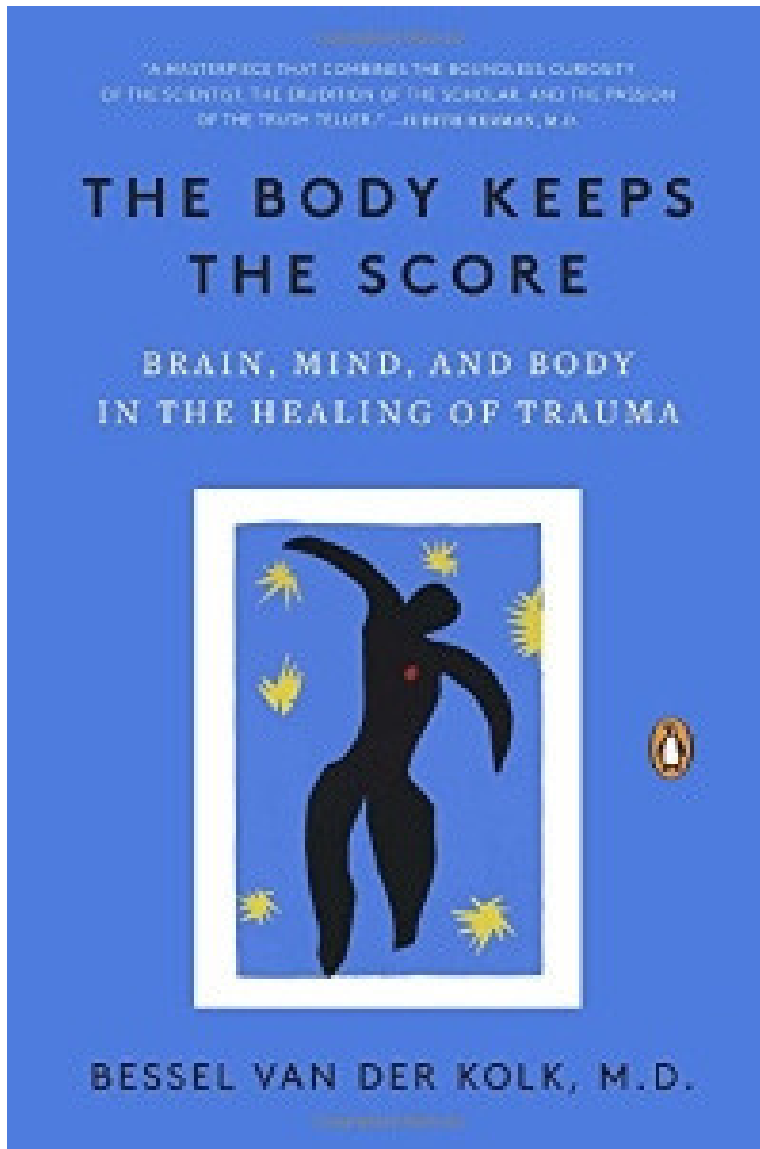
Books for ADULTS:



**The Body Keeps the Score:
Mind, Brain and Body in the
Transformation of Trauma –
Bessel van der Kolk**

[Click Here](#)

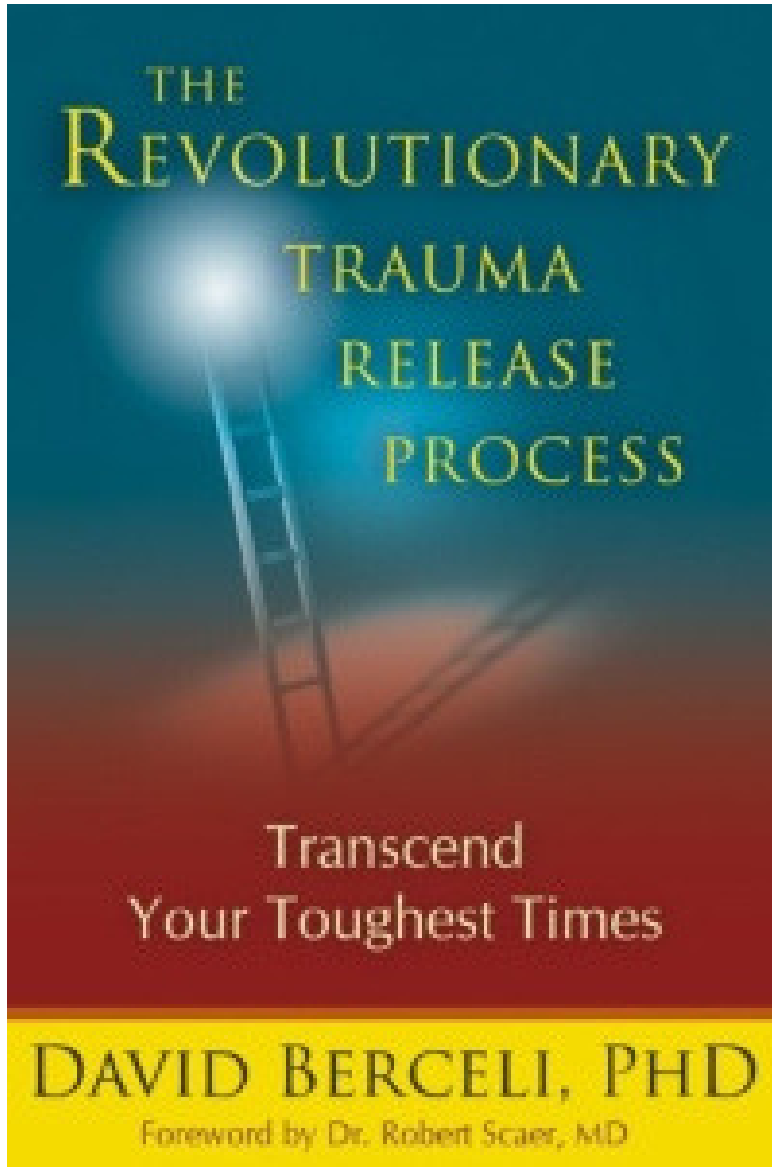
Books for ADULTS:



The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma

[Click Here](#)

Books for ADULTS:



**Revolutionary Trauma Release
Process: Transcend Your
Toughest Times**

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www.thejaneevans.com



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- 1 What did you learn?
- 2 How do you intend to apply this in your practice?
- 3 Do you have any further action for your next CPD cycle?

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