

Resource List: Family Dynamics and Influences + Financial Coaching

Workshop for Oweesta Native Coaching Cohort, facilitated by Christine E. Petit, PhD

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Below are some of the sources I drew upon to develop my presentation as well as resources that came up during our time together.

Article: [The Effects of Trauma on Personal Finance](#)

Article: [Child Poverty Causes Long-Lasting Financial Trauma—But Can Be Overcome](#)

Book: [Coaching for Transformation: Pathways to Ignite Personal & Social Change](#)

Book: [My Grandmother’s Hands: Racialized Trauma and the Mending of Our Bodies and Hearts](#)

Book: [The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma](#)

Echo Trauma & Resilience Training

<https://www.echotraining.org/>

Inservice - Support for Parents and Caregivers

On Facebook: <https://www.facebook.com/inservicesupport>

Integrated Indigenous-ecological Model

Model was introduced in the book [Aboriginal Peoples and Sport in Canada: Historical Foundations and Contemporary Issues](#) in the chapter “Two-eyed seeing: Physical activity, sport, and recreation promotion in Indigenous communities” by Lynn Lavallée and Lucie Lévesque.

MicroMOVEments

Get SARK’s free MicroMOVEment Miracle Method Mini Book [here](#).

Socio-ecological Model

You can find multiple sources and descriptions of this model. The image I used is pulled from [this site](#).

The National Child Traumatic Stress Network

<https://www.nctsn.org/>