

## **Mind Matters**

### **Underlying Evidence Base**

#### **Overview**

The evidence-based materials in Mind Matters build on research in neuroscience and on the work of leaders in trauma care. The curriculum focuses on five major topics: (1) Self-Soothing (2) Developing and Observing Self (3) Relationship Skills (4) Compassion for the Hijacked Brain (5) Self Care and (6) Intentionality.

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