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.


The National Center on Family Homelessness, *Trauma-Informed Organizational Tool Kit for Homeless Services*.


[https://www.dibbleinstitute.org/mind-matters](https://www.dibbleinstitute.org/mind-matters)
Self-Soothing and Regulating Emotions


https://www.dibbleinstitute.org/mind-matters


**Developing an Observing Self**


https://www.dibbleinstitute.org/mind-matters


**Relationship Skills**


[https://www.dibbleinstitute.org/mind-matters](https://www.dibbleinstitute.org/mind-matters)


**Compassion for the Hijacked Brain**


**Self Care**


https://www.dibbleinstitute.org/mind-matters


**Intentionality**


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