Mind Matters
Underlying Evidence Base

Theory of Change

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.

Self-Soothing and Regulating Emotion


Developing an Observing Self


Relationship Skills


Compassion for the Hijacked Brain


Self Care


**Intentionality**


