

# ICS Picks (Blogs)

(February)

Healing Childhood Trauma: A Comprehensive Guide

<https://goodhealthpsych.com/blog/healing-childhood-trauma-a-guide-to-emotional-recovery-and-growth/>

Gender Stereotypes in childhood: what's the harm?

<https://www.bcu.ac.uk/research/education-and-social-work/cspace-blog/gender-stereotypes-in-childhood-whats-the-harm>

Uncertainty, Anxiety and Hope

<https://medium.com/life-through-different-lenses/uncertainty-anxiety-and-hope-61138116f1cb>