

The background features a dark blue gradient with faint, light blue circular patterns and a scale. The scale is a large arc on the left side, with numbers ranging from 140 to 260 in increments of 10. There are also several smaller circles and arcs scattered across the background, some with arrows indicating direction.

# Te Rina Ruru

## The Ripple Effect of Trauma

# Ripple Effect

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=DUNOU0QXIRI](https://www.youtube.com/watch?v=DUNOU0QXIRI)

The background features a dark blue gradient with faint, light blue circular patterns and a scale. The scale is a large arc on the left side, with numbers ranging from 140 to 260 in increments of 10. There are also several smaller circles and arcs scattered across the background, some with arrows indicating direction.

# Te Rina Ruru

## The Ripple Effect of Trauma

# Camp Unity

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=O80CQ4NBBSK](https://www.youtube.com/watch?v=O80CQ4NBBSK)