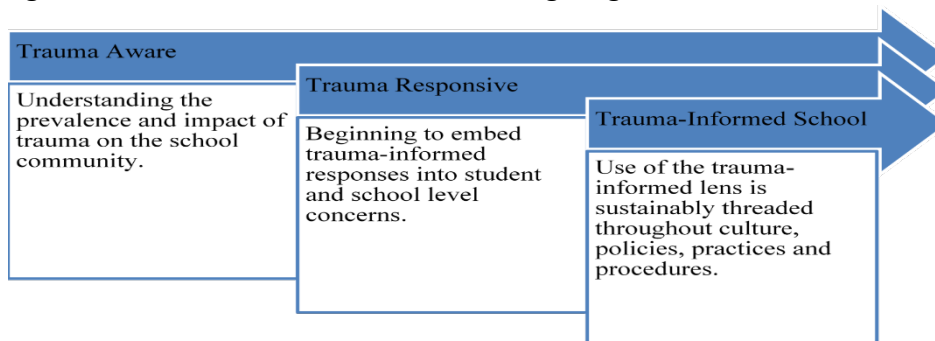




Trauma Sensitive Education Professional Development.

PROGRAM OVERVIEW

- Consulting, professional development and coaching are available upon request.
- On-site, phone and Zoom meeting options are available for consulting, professional development and coaching.
- Professional development is designed to meet the needs of participants at different levels of knowledge and skills as described in the following diagram.



TRAUMA AWARE PROFESSIONAL DEVELOPMENT

1. TRAUMA SENSITIVE SCHOOLS AWARENESS

- **Learning Objectives:**
 - ✓ Learn how **Adverse Childhood Experiences (ACEs)** and **Toxic Stress** impact a student's neurology, learning, and worldview.
 - ✓ Understand how infusing the TSS values of **safety, choice, trustworthiness, collaboration** and **empowerment** at all levels can help all students—
 - ✓ including those impacted by trauma.
 - ✓ Recognize the importance of **staff wellness** in a TSS.
 - ✓ Understand TSS at the **universal level** as it relates to safety, social/emotional regulation and learning, relationships, academic supports and discipline.
 - ✓ Identify **next steps** in taking the journey to become a trauma sensitive school.

- **Description:**

This training was originally designed to meet the requirements of the Wisconsin Department of Justice grant for schools in 2018-19. With some small updates, we offer this as a great resource to support schools beginning the transformative journey toward becoming a Trauma Sensitive School. Covered topics include Adverse Childhood Experiences, the universal approach to Trauma Sensitive Schools, and the importance of staff wellness and compassion resilience. Participants will conclude the training by identifying the next steps on how to further their journey.

TRAUMA RESPONSIVE PROFESSIONAL DEVELOPMENT

These trainings build on the knowledge and skills found at the TSS awareness level. Skills and approaches needed to integrate practices and address potential barriers to implementation are included. Guidance is tailored to the needs of your individual school or district.

1. ONGOING COACHING OF DISTRICTS, SCHOOLS AND TRAUMA CHAMPIONS

- **Learning Objectives:**

- ✓ Demonstrate an understanding of the theory of change, effective implementation practices, integration practices and how to incorporate TSS principles into your school improvement plan.
- ✓ Identify the areas in need of change, intended outcomes and prioritize for implementation.
- ✓ Identify and utilize trauma sensitive approaches including mindset and specific strategies that can be utilized in all school and classroom settings to address student needs.
- ✓ Strategize ways to address potential barriers to the implementation of the principles and practices of a trauma sensitive school.
- ✓ Use data to evaluate the impact of implementation and revise plans when needed.

- **Description:**

Using the Wisconsin Department of Public Instruction: Online TSS Modules as the foundation for learning, this consultation will support infusion of the core principles and practices into all universal functions of the school or district from the classroom to discipline. The focus will be on aligning and integrating this work into your district's vision and mission, and policies and processes along with other essential programs such as Social and Emotional Learning. Factors involved in providing valuable professional development and effective strategies to address potential barriers to implementation will also be addressed. Participants will leave each session with increased knowledge of the many aspects of trauma sensitive schools as well as best practices to increase the effectiveness of their implementation efforts. This is a perfect next step after a school or district has participated in the Trauma Sensitive Schools Awareness training.

2. THE TRAUMA SENSITIVE CLASSROOM: WHO, WHAT, AND HOW?

- **Learning Objectives:**

- Describe methods to alter the physical environment that minimize the impact of trauma and increase emotional safety for students and staff.
- Discuss relational strategies that increase a student's availability to learn.
- Identify strength-based instructional strategies used to teach students academic, executive function and social-emotional skills.

- **Description:**

So, what does all this talk about trauma and trauma informed care have to do with the classroom? In this session, we will explore the application of the trauma informed values of safety, trustworthiness, choice, collaboration and empowerment in the general education and special education classrooms. When we change the physical, relational and instructional approaches in the classroom, all students are able to feel a sense of emotional as well as behavioral safety. Conversations about topics such as the inclusion of counselors, social workers and school psychologists into the classroom as well as activities and videos will be intermixed with presentation of best trauma sensitive practices.

3. A TRAUMA SENSITIVE APPROACH TO BEHAVIOR AND DISCIPLINE

- **Learning Objectives:**

- ✓ Explain how neuroscience informs our understanding of the impact of trauma and toxic stress on behaviors.
- ✓ Discuss the reasons why negative consequences and punishment are not effective approaches for changing challenging behavior.
- ✓ Identify specific lagging skills that may interfere with positive acceptable behavior.
- ✓ Describe methods for teaching lagging skills and supporting their development.
- ✓ Explain how the practices of regulation, relating and reasoning are important to this process.
- ✓ Discuss components of alternative discipline approaches and how they are effective in changing behavior.

- **Description:**

Students impacted by trauma and toxic stress may act in ways that are difficult to understand, redirect or change. This session will explore approaches, methods and strategies in addressing resistant, significant behaviors that are grounded in neuroscience and how they can be applied at the universal as well as the individual student level. Specific examples of alternatives to traditional discipline and suspension will be offered. Potential barriers to implementation of these strategies will be discussed.

4. CREATING A COMPASSIONATE CULTURE IN YOUR SCHOOL

- **Learning Objectives:**

- ✓ Understand the concept of compassion resilience and be able to explain it to others.
- ✓ Discuss the impact of compassion resilience on others.
- ✓ Identify practices that increase compassion resilience.
- ✓ Practice compassion resilient practices.

- **Description:**

What is resilience? Are we born with it or can it be developed? Why do some people have more resilience than others? This session will explore the need to create a culture of wellness and compassion resilience throughout the school community for staff and students alike. The session will include specific tools to further compassion in a school culture and for individuals to increase their own self-care in both their professional and personal life.

5. TRAUMA SENSITIVE CLASSROOMS

- **Learning Objectives:**

- ✓ Describe and discuss the characteristics and descriptors of a safe, calm, and non-anxious educational environment that allows all students to access learning by providing academic, behavioral, physical, emotional and social safety.
- ✓ Identify trauma sensitive school practices, principles, and strategies that can be implemented in the classroom within the following domains:
 - physical setting
 - connections and relationships
 - instructional strategies.

- **Description:**

Students impacted by trauma and toxic stress learn best in a calm, non-anxious and supportive environment. In this session, a framework for the trauma sensitive classroom will be shared along with specifics from the concrete pieces of how to set up the classroom to the less tangible aspects of a trauma sensitive relationship. The principles and strategies discussed are applicable to all levels of education from Early Childhood and 4K through high school. Participants will leave with a framework to assess their classroom as well as specific concepts and strategies to implement within that framework.

TRAUMA INFORMED PROFESSIONAL DEVELOPMENT

Coming soon!

Contact us at: <http://traumasensitiveeducation.com/> and fill out a contact information form. We look forward to working with you on your trauma sensitive journey.