

Trauma Informed Care for Teachers

The US Centers for Disease Control and Prevention's historic study on Adverse Childhood Experiences (ACEs) revealed the powerful connection between childhood trauma and various physical, mental, emotional, and social challenges for children and adults. The series of four classes is designed to introduce teachers to the ways trauma affects the brain, stress the importance of self-care in preventing burnout among teachers, and provide teachers with tools they can utilize in building a compassionate classroom.



Introduction to Trauma, Compassion, and Resiliency –

Participants will learn how to recognize symptoms of trauma and vicarious (secondary) trauma, understand how trauma affects the brain and classroom learning, and explore the role of compassion and resiliency when working with students who have been exposed to trauma.

Self-Care for Teachers - Without proper attention to self-care, teachers may develop compassion fatigue and even burnout. In this workshop participants will explore different self-care strategies, learn tips for preventing burnout, and practice setting and monitoring self-care goals. Every teacher will leave with his or her own self-care action plan that can be implemented immediately.



Strategies for Building a Compassionate Classroom -

In this workshop, both content and method will be illustrated including the Six Principles of Compassionate Instruction and Discipline, as well as the Three Domains of a Compassionate School Curriculum. Through the demonstration of games, projects, and activities, participants will learn strategies for building resilient learners.

Raising Mental Health Awareness - Studies demonstrate the effects of trauma often present itself as mental health issues. School staff play a critical role in youth mental health, as 80 percent of children receive no mental health services, and among those who do, most receive the services at school. This workshop will help teachers identify signs of mental health challenges in youth, provide strategies for responding, and identify support resources.

***All the classes are three hours long.**

***Meets the Core Competencies for Professional Development on Childhood Trauma by the Illinois Childhood Trauma Coalition**

For additional information, or to schedule workshops, contact James McCombs at (773) 233-2900 or email jmccomb2@illinois.edu