


The Journey, Not the Destination: Actionable Trauma-Informed Education Practices in Schools

Allison Teicher-Fahrbach
Confratute 2023
July 14, 2023 | 3:30 - 4:30 P.M.



Session Description

This special session will empower participants to engage with trauma-informed education topics, and will focus on the processing of trauma within schools. Within our ever-changing world, there are an array of challenges that individuals are facing each day. Administrators, community members, educators, school staff, students, and their respective families are constantly facing obstacles. It is crucial to be mindful of these issues within the context of a school and to implement policies and practices that support trauma-informed care and education. These different practices and policies may not happen overnight, though there are many small steps to learn about infusing trauma-informed practices in your school TODAY!

Agenda

01

Assumptions

02

**A History of
Trauma**

03

**Strategies and
Examples**

04

Trauma Talk

Setting Our Intentions

I will be able to...

- Understand the history behind trauma-informed education
- Define trauma-informed education
- Create a list of trauma-informed strategies that can support your classroom, school, and/or community

Hi, I'm Allison Teicher-Fahrbach

“Education is the foundation to life.”

- M.S. in Curriculum Development and Instructional Technology with a Certificate in Online Learning
- M.S. in School Leadership
- Certificates in Somatic Attachment Therapy, Integrative Somatic Therapy, and Embodied Conflict Resolution
- Founder and Chief Solutions Leader, Solutions for Souls, LLC





01

Assumptions



Assumption:

PTSD only impacts soldiers and individuals impacted by war.

PTSD can impact individuals who experienced a traumatic event.

Assumption:

A person needs to be a trained psychologist or mental health professional in order to address trauma-informed topics.

With the proper resources and training,
anyone can infuse trauma-informed
practices in their classroom, school, or
community.

Assumption:

**Trauma-Informed Education is just a new
“hot topic” in education.**

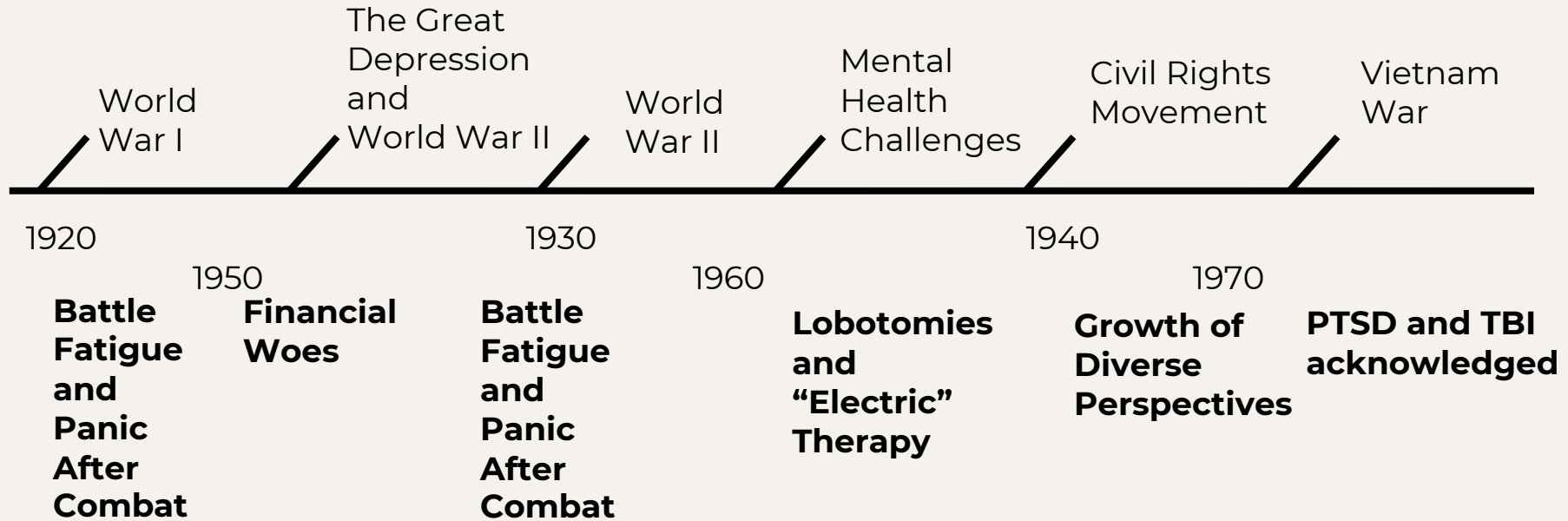
Trauma has existed for centuries.



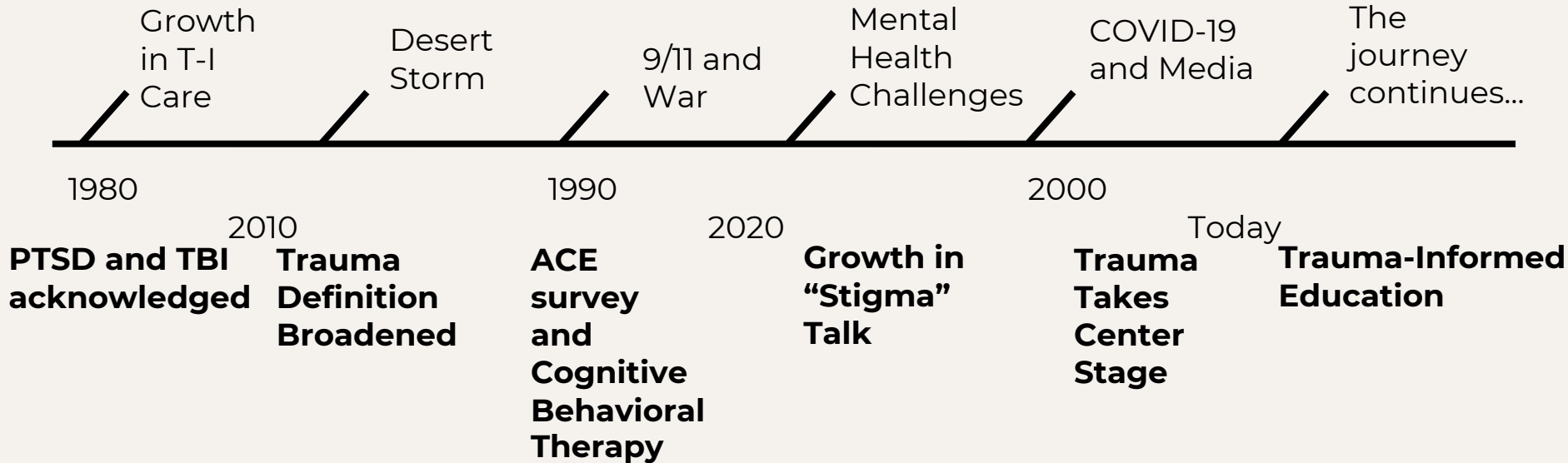
02

A History of
Trauma

Trauma-Informed Education: A Timeline



Trauma-Informed Education: A Timeline



Trauma is..

A deeply distressing or disturbing experience.

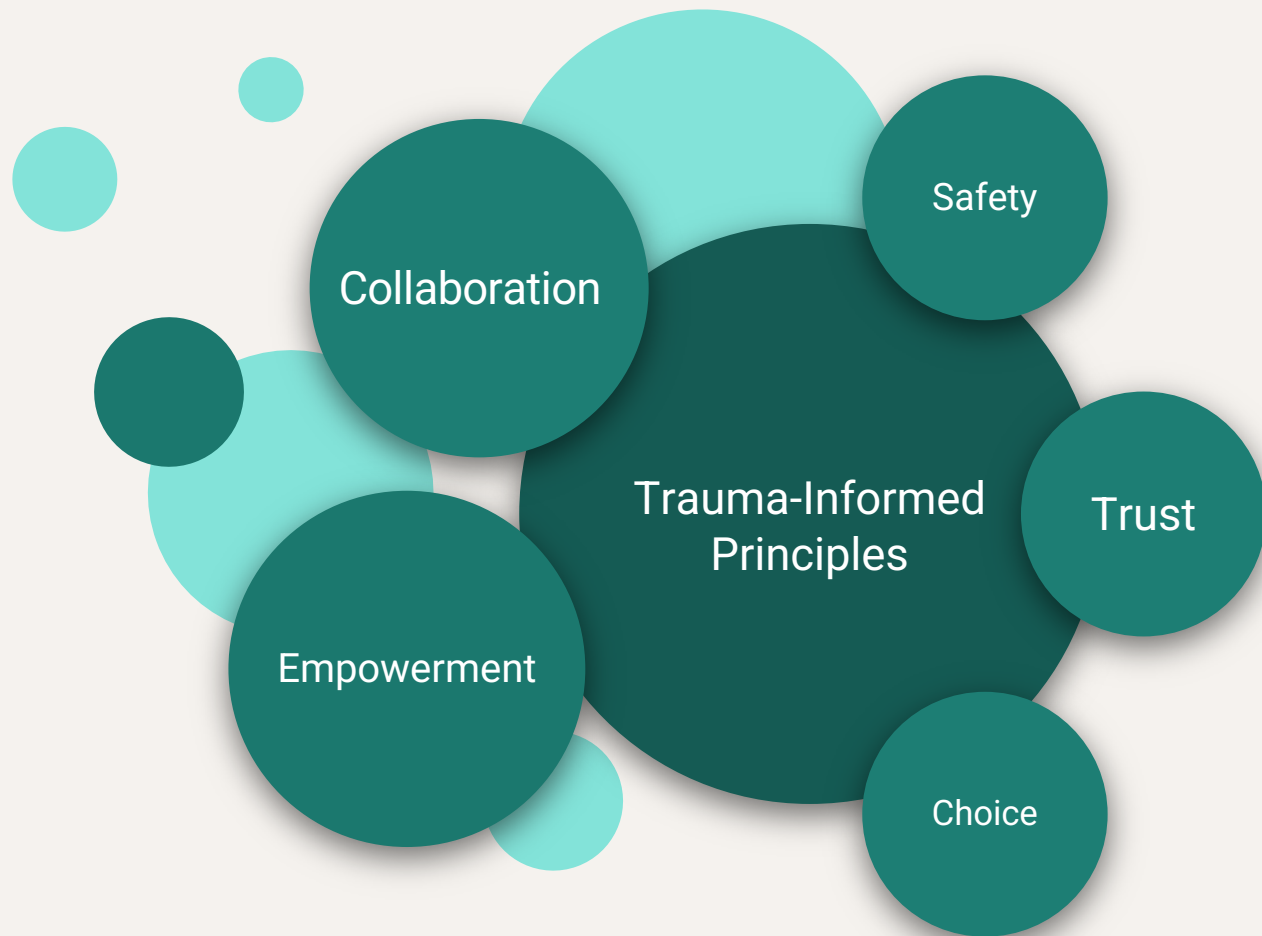
- Acute: A single incident
 - Chronic: Repeated exposure
 - Complex: Multiple and various incidents
-



03

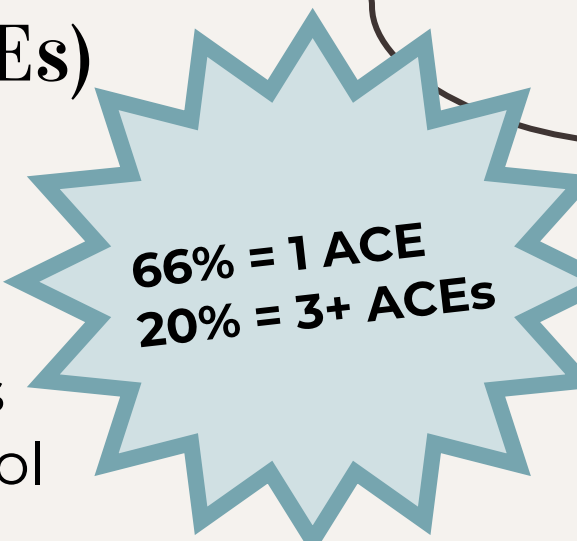
Strategies and Examples





Adverse Childhood Experiences (ACEs)

- Physical abuse
- Sexual Abuse
- Emotional Abuse
- Living with someone who abused drugs
- Living with someone who abused alcohol
- Exposure to domestic violence
- Living with someone who has gone to prison
- Living with someone with serious mental illness
- Losing a parent through divorce, death or abandonment



66% = 1 ACE
20% = 3+ ACEs

Before we begin...

- All communities are different
- All students are different
- All families are different

These are actionable strategies, but not one-size-fits-all...

Know your community, school, students, staff, and classroom well.



Five Trauma- Informed Strategies

Five Trauma-Informed Strategies

Collaboration

Embodiment

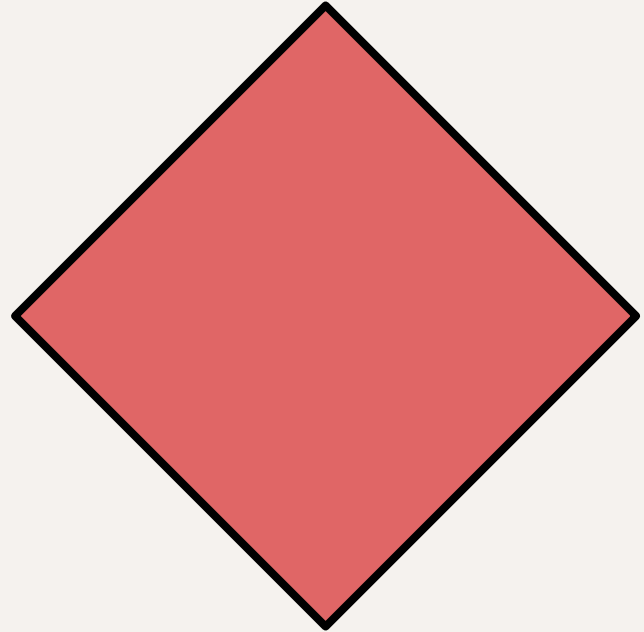
**Student
Choice**

**Breathing
Techniques**

The R's

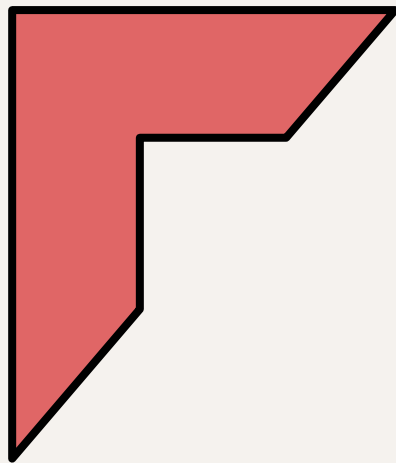
Collaboration

- Establishing resources and supports for the community
- How to incorporate families within the school
- Community Outreach
- Family Involvement



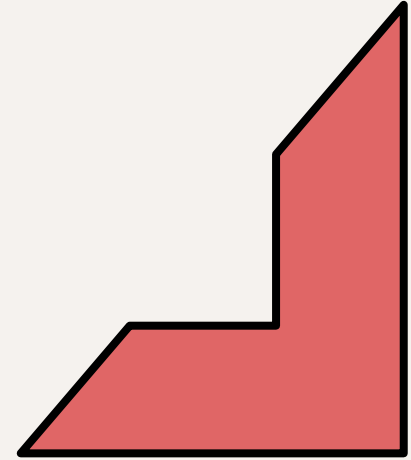
Community Involvement

- Host events and meetings
- Do research on local community
- Drive/walk/shop/dine
- Local politicians
- Community leaders
- Welcome community members into building
- Flood local newspapers with articles and photos of school events and student accomplishments
- Become involved in community organizations
- Become acquainted with community resources for families



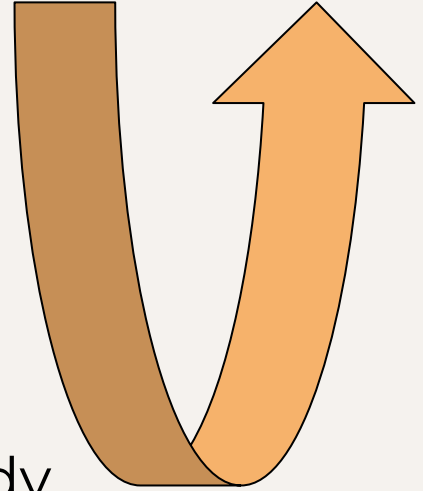
Family Involvement

- Families stem from the community
- Workshop Series based on needs
- Multilingual surveys
- Open door policy
- Career Discussion Days
- Self-Development Opportunities
- Student and parent voice



Embodiment

- Physical Existence and Energy
 - Self-Regulation
 - Self-Acceptance
 - Mindfulness
 - Sense of Being
- Acknowledging sensations in the body, recognizing where trauma is stored
- Writing prompts, workshops, events, nature walk, yoga, meditations, and so on.



Student Choice

- Give students opportunities to explore what they are passionate about.
- Create choice boards that address general prompts, yet can be tailored to students' specific needs.

<u>The "Red" Challenge</u> What do you hope your school year will be like? Explain. ¿Cómo esperas que sea tu año escolar? Explique.	<u>The "Orange" Challenge</u> What do you hope your life will be like after you graduate high school? ¿Cómo esperas que sea tu vida después de graduarte de la escuela secundaria?	<u>The "Yellow" Challenge</u> What do you hope your family believes about you? ¿Qué esperas que tu familia crea sobre ti?
<u>The "Green" Challenge</u> What bad habit do you hope to change this year? ¿Qué mal hábito esperas cambiar este año?	<i>Student Choice Board</i>	<u>The "Teal" Challenge</u> What do you hope your friends believe about you? ¿Qué esperas que tus amigos crean en ti?
<u>The "Blue" Challenge</u> How do you hope to live your life 10 years from now? ¿Cómo esperas vivir tu vida dentro de 10 años?	<u>The "Purple" Challenge</u> Where do you hope to travel to in this world? ¿A dónde esperas viajar en este mundo?	<u>The "Pink" Challenge</u> Why do you think people hope for different things? ¿Por qué crees que la gente espera cosas diferentes?

Breathing Techniques

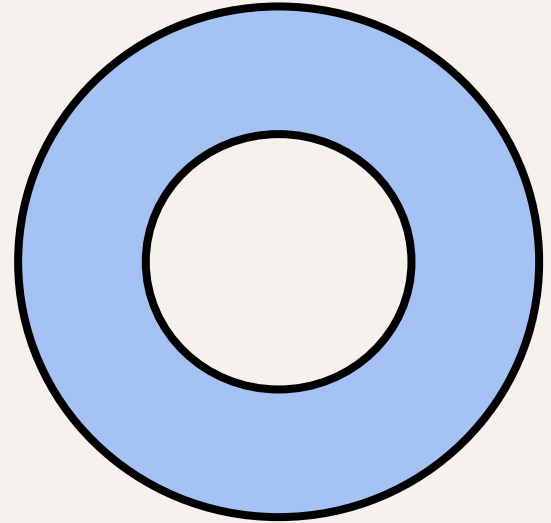
- Box Breathing
 - Utilized by Navy SEALs
 - Impacts: Lowers blood pressure, helps return stasis to the sympathetic and parasympathetic nervous systems
- 5 Senses Protocol
 - What can you see? What can you hear? (and so on...)



The R's

“Four R's”:

- Realization about trauma and how it can affect people and groups
- Recognizing the signs of trauma
- Having a system which can respond to trauma
- Resisting re-traumatization





04

Trauma Talk



Activity:

Choose one of the five strategies we discussed today. Create five ways to work towards implementing that strategy in your classroom, your school, your district, or your community.

Collaboration

Embodiment

**Student
Choice**

**Breathing
Techniques**

The R's

Stay in Touch!



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