

Trauma Informed Approaches: Implications for School Counselors Module 1: What is Trauma?

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KEY TAKE-AWAYS:

- School counselors play a critical role in educating staff on the signs of trauma, the effects of trauma, and practices that may re-traumatize students
- A trauma can be the result of a number of different events (e.g., Witness or exposure to violence, chronic stress, Adverse Childhood Experience, racial or historical trauma, school based trauma) as long as it has a lasting adverse effect on an individual's functioning.
- Trauma impacts development across a host of areas, including cognition, brain development, behavior, emotions, relationships and mental health.

REFLECTION QUESTIONS:

- How does trauma 'show up' in your school? Consider staff, parents, and students.
- What new information can you integrate into your understanding of how trauma affects the brain (e.g., state dependence of cognition)?
- How can you help create a shift in thinking related to trauma in your school or district?
- What protective factors can you facilitate in your role as school counselor?

PRIMARY RESOURCES:

- Perry, B.D., & Winfrey, O. (2021). *What Happened to You? Conversations on Trauma, Resilience, and Healing*. Flatiron.
- Alex Shevrin Venet (2020). *Equity-Centered Trauma-Informed Education*.
- Souers, K. (2016). *Fostering Resilient Learners: Strategies for creating a Trauma-Sensitive Classroom*. ASCD.
- Substance Abuse and Mental Health Services Administration. SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach. HHS Publication No. (SMA) 14-4884. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2014. Retrieved from: https://ncsacw.samhsa.gov/userfiles/files/SAMHSA_Trauma.pdf

ADDITIONAL RESOURCES:

- [Educator Toolkit for Addressing Racial Trauma and Fostering Growth](#). This website was created by Dr. Grier-Reed and provides resources that describe racial trauma, how to be an ally, advice for teachers as well as additional resources.
- [National Child Traumatic Stress Network, Schools Committee. \(2017\). Creating, supporting, and sustaining trauma-informed schools: A system framework. Los Angeles, CA, and Durham, NC: National Center for Child Traumatic Stress.](#) This framework will help schools and sites who partner with schools have a better sense of the areas to address when working towards a more trauma-informed school.
- The Child Trauma Academy & Bruce Perry Seven Slide Series. [State Based Functioning](#). This 10 minute video outlines the basics behind state based functioning as mentioned in Module 2.
- [The Child Trauma Academy YouTube Channel](#). This youtube channel includes an excellent series in which Dr. Bruce Perry provides research and information about the impact of trauma on the brain.

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