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:

- Alex Shevrin Venet (2020). Equity-Centered Trauma-Informed Education.
- Souers, K. (2016). Fostering Resilient Learners: Strategies for creating a Trauma-Sensitive Classroom. ASCD.

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.
REFERENCES


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