

# Trauma Informed Approaches: Implications for School Counselors

## Module 3: Trauma Informed Tiered Interventions

Presented by: Jennifer Betters-Bubon, PhD, LPC

### KEY TAKE-AWAYS:

- School counselors play a critical role in creating trauma sensitive interventions in schools both through direct interventions and in collaboration with school staff.
- Effective Tier 1 activities for all should be grounded in brain based research tenants of regulate, relate and reason (Perry, 2017).
- Tier 2 interventions can include immediate check ins, small group, and relationship based (e.g., check in, check out) and evidence based interventions (e.g., CBITS, BounceBack).
- School counselors primarily play a collaborative role in Tier 3, serving as a liaison between teachers, community agencies, and mental health professionals.

### REFLECTION QUESTIONS:

- What Tier 1 activities/interventions do you have in place in your school that focus on Regulation, Relationships and Reasoning?
- What Tier 2 interventions are students able to access that builds protective factors?
- Name 3 community resources/agencies that you might partner with to enhance your Tier 3 interventions.

### 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](https://ncsacw.samhsa.gov/userfiles/files/SAMHSA_Trauma.pdf)

### ADDITIONAL RESOURCES:

- Wisconsin Department of Public Instruction (WI DPI) [Trauma Sensitive Schools \(TSS\) Online Professional Development System](#). This is a free, online, on-demand system consisting of three primary components. Through this system, learners will understand the prevalence and impact of toxic stress on youth and those who care for them. Additionally, participants will understand how to infuse the values of safety, trustworthiness, choice, collaboration, and empowerment into various aspects of their existing equitable multi-level system of support.
  - [Classroom Sensory Strategies](#). This menu of classroom sensory strategies is from Module 3 of the WI DPI Trauma Modules. It's useful to assist classroom teachers consider trauma informed strategies they can implement in their classrooms.
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- [Getting Back to School after Disruptions: Resources for Making Your School Year Safer, More Predictable, and More Positive](#) An excellent resource from PBIS.org that highlights how to create safe environments in schools after disruptions.
- Trauma Learning Policy Initiative (TLPI). [Trauma-Sensitive School Reopening](#). An excellent article highlighting how to create a trauma sensitive school reopening that augments their two primary resources: **Helping Traumatized Students Learn** and **Creating and Advocating for Trauma-Sensitive Schools** (both found here: <https://traumasensitiveschools.org/tlpi-publications/>)
- Additional resources listed on the final slide:



#### Research Articles

- [Chafouleas, S. M., Koriakin, T. A., Roundfield, K. D., & Overstreet, S. \(2019\). Addressing childhood trauma in school settings: A framework for evidence-based practice. \*School mental health, 11\*\(1\), 40-53](#)
- [Duane, A., Casimir, A. E., Mims, L. C., Kaler-Jones, C., & Simmons, D. \(2021\). \*Beyond deep breathing: A new vision for equitable, culturally responsive, and trauma-informed mindfulness practice. Middle School Journal, 52\*\(3\), 4-14.](#)
- [Perry, D. L., & Daniels, M. L. \(2016\). Implementing Trauma-Informed Practices in the School Setting: A Pilot Study. \*School Mental Health, 8\*\(1\), 177-188. doi:10.1007/s12310-016- 9182-3](#)
- [Reinbergs, E. J., & Fefer, S. A. \(2018\). Addressing trauma in schools: Multitiered service delivery options for practitioners. \*Psychology in the Schools, 55\*\(3\), 250-263.](#)
- [Taylor, S. S. \(2021\). Trauma-Informed Care in Schools: A Necessity in the Time of COVID-19. \*Beyond Behavior, 10742956211020841\*.](#)

#### REFERENCES

- ASCA (2016). The School Counselor and Trauma Informed Practice. Position Statement retrieved from <https://www.schoolcounselor.org/Standards-Positions/Position-Statements/ASCA-Position-Statements/The-School-Counselor-and-Trauma-Informed-Practice>
- Bounce Back: An Elementary School Intervention for Childhood Trauma: <https://bouncebackprogram.org/>
- Cognitive Behavioral Intervention for Trauma in Schools: <https://cbitsprogram.org/>
- Cupertino High School: Advisory Lessons. Retrieved from <https://chs.fuhd.org/parent-portal/advisory-lessons>
- Edutopia. [Rapid Resets](#). This page highlights different ways teachers and students can engage in rapid resets.

- Edutopia. [Creating a Dedicated Space for Reflection](#). This article highlights the work of Fall Hamilton Elementary School and the integration of peace corners in every classroom.
- Edutopia. [Pearl-Cohn Entertainment Magnet High School: Building School Culture to Address Students' Needs](#). This 8 minute video highlights a high school with shared expectations and safe spaces in their trauma informed approach.
- Howard, M. et al.. (2019) *All Students Must Thrive*. International Center for Leadership in Education.
- Robert J. Jagers, Deborah Rivas-Drake & Brittney Williams (2019). [Transformative Social and Emotional Learning \(SEL\): Toward SEL in Service of Educational Equity and Excellence](#). *Educational Psychologist*, 54:3, 162-184, DOI: 10.1080/00461520.2019.1623032.
- Khasnabis & Goldin (2020). [Don't be filled, trauma is a systemic problem: Trauma as a case of weaponized educational innovation](#). *Occasional Paper Series*, 2020 (43).
- Milwaukee Public Schools: Social Academic Instructional Groups (SAIG) Curriculum: <https://mps.milwaukee.k12.wi.us/en/Families/Family-Services/Intervention---PBIS/SAIG-Curriculum.htm>
- [Trauma Informed Strategies for Building Relationships with Students](#)
- Wlodkowski, R. J. (1983). *Motivational opportunities for successful teaching* [Leader's Guide]. Phoenix, AZ: Universal Dimensions.

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