

# TRAUMA INFORMED PRACTICES

## Professional Development for K-12 Educators



**Module 100 An Overview of Trauma** creates an essential foundation for participants by exploring the neurobiology of traumatic stress and identifying concrete relationship-based strategies to support healing and build resilience in children.

*\*Pre-requisite for all other modules*

**Module 200 Application of Strategies** for educators strengthens trauma informed (TI) skills by putting into practice the strategies learned in module 100 and looking at these applications through the lens of an individual child.

**Module 300 Self-Care** for educators is essential to prevent burnout and increase awareness through self-reflective activities. This module will take participants on a journey to the center of "YOU" in a thoughtful and reflective training designed to build self-awareness and self-care practices that last a lifetime.

**Module 400 Family Engagement** is a two-part series with the first module for families to learn about trauma informed practices in support of their children, and the second for providers to gain the skills to apply trauma informed strategies when engaging with families.

**Module 500 Leadership and Reflective Supervision** is designed to support leaders implementing trauma informed strategies so they may successfully build provider resilience and prevent both burnout and compassion fatigue.

**Module 600 Creating Healing Systems of Care** has working teams attend together, in order to create a trauma informed organizational strategic plan which will move their agency from trauma inducing to trauma informed to trauma healing.

### Training of Trainer Institute

A cohort of participants attend an in-depth training institute as apprentices with the goal of becoming authorized in one of the trauma informed modules.

### Spotlight Modules

Participants focus on specific strategies such as relationships/attunement, environment, sensory and emotional literacy, self-regulation and problem solving strategies. During these SPOTLIGHT modules participants cast their attention on 1-2 TI strategies. The session design involves reflective conversations, engaging activities or make n' take projects which may be applied immediately when they return to their sites.

### Reflective Circles of Inquiry and Resilience

Teams build greater expertise and experience by exploring the practical application of TI strategies and reading materials provided for learning and reflection.

### Coaching to Excellence

Research shows that training paired with coaching creates 80-90% higher chance of educators successfully applying the learned practices in the classroom. Coaching supports social-emotional and trauma informed strategies ensuring effective and sustainable implementation.



Julie Kurtz is an author, coach and trainer traveling nationwide speaking on social-emotional and trauma informed practices. She is a co-author of Trauma-Informed Practices for Early Childhood Educators: Relationship-Based Approaches that Support Healing and Build Resilience in Young Children. She is currently collaborating on a second book on the importance of Self-Care from a Culturally Responsive Lens. She is the creator of the APP for children 3-8 years old to promote sensory and emotional literacy and to support self-regulation called Trigger Stop: Sensory and Emotional Check-in. In 2011, she was named one of the 100 Influential Women of Silicon Valley by the Silicon Valley/San Jose Business Journal.