



Inside the Issue

QUICK FACTS

What is trauma and how does it affect our students?

HELPFUL TIPS

Helpful strategies, scripts and tools to use with students.

RESOURCES

Books, websites, and experts from the trauma field.

ROLE OF A TRAUMA COACH

- Provide workshops on trauma
- Ongoing staff development
- Provide/develop trauma resources & tool kits
- Effectively connect to and collaborate with staff
- Data collection
- Individual training for specific groups
- Participate on committees to bring a trauma perspective
- Direct trauma-informed interventions with at-risk students
- Consultation with staff on specific student situations
- Consultation with teachers on how to create a trauma-sensitive classroom
- Include trauma-informed practices on Behavior Intervention Plans
- Communicate and collaborate with community mental health providers located within the school and in the community
- Facilitate groups for students who have experienced trauma



ZONE OF HYPERAROUSAL

- Feeling overwhelmed, anxious or angry
- Body wants to fight or flee

THE WINDOW OF TOLERANCE

Optimal Arousal Zone

- Feeling just right and can manage life
 - Calm but not tired
 - Alert but not anxious



ZONE OF HYPOAROUSAL

- Feeling zoned out, spacey or numb
- Body wants to shut down and/or freeze

Adapted from - Siegel, D. (2009). Mindsight - The New Science of Personal Transformation. NSW, Australia: Scribe Publications.

QUICK FACTS

"When children become overly distressed, they react from a place of fight or flight. The fight response puts a child into a "hyper-aroused" state; conversely, the flight response puts a child into a "hypo-aroused state."

-Heather T. Forbes



Dr Daniel Siegel presenting a Hand Model of the Brain

HELPFUL TIPS

- Allowing children to rock or be rocked helps put the brain back into equilibrium, similar to when we rock a crying baby.
- Tapping or patting a child on the leg or another safe spot also helps to regulate the body and brain.
- Teach children to monitor their heart rate when they are becoming dysregulated. They can use a My Beating Heart pillow or be held closely by a regulated adult to help slow their heart rate.

www.mybeatingheart.com

RESOURCES

Child Trauma Academy
<https://childtrauma.org/>

CTA is a Community of Practice working to improve the lives of high-risk children through direct service, research and education. We recognize the crucial importance of childhood experience in shaping the health of the individual, and ultimately, society. By creating biologically-informed child and family respectful practice, programs and policy, CTA seeks to help maltreated and traumatized children.