

RESOURCE LIST FOR EDUCATORS RESPONDING TO TRAUMA

This document provides other resources for educators but does not imply an endorsement from Public Impact for any of the resources. For simple tactics to respond to trauma, see:

- [Tactics to Reduce Stress and Increase Learning After Trauma](#)
- [Classroom Tips for Responding to Hateful, Offensive, or Aggressive Language](#)
- [Short, Deep Breathing Exercises to Increase Focus](#)
- [Tips for Building Relationships During Remote Learning](#)

Free Online Resources for Continuing Education for Educators:

- Secondary traumatic stress (STS) free online class for teachers: <https://statprogram.org/training>
- Miss Dorito, Believe Café YouTube series: <https://www.youtube.com/channel/UC5Oevm5gseEXpMED-ZHjcQ>
- Free webinars on emotional intelligence and resiliency: <https://register.gotowebinar.com/recording/recordingView?webinarKey=8131130786114594060®istrantEmail=kara.aycock%40publicimpact.com>
- Free trainings for schools on trauma responsiveness and compassion fatigue: https://rems.ed.gov/TA_TrainingsbyRequest.aspx
- Free training on trauma-sensitive schools: http://airhsdlearning.airws.org/building-trauma-sensitive-schools/story_html5.html & <https://safesupportivelearning.ed.gov/building-trauma-sensitive-schools>
- National Child Traumatic Stress Network Learning Center’s free online continuing education: <https://learn.nctsn.org/course/index.php?categoryid=39>
- Online course on trauma-informed resilient schools: <https://store.starr.org/Course/view/trauma-informed-resilient-schools>
- Mental health while staying at home—free lesson plans, presentations, mini-lessons for grades 6–12: <https://www.teacherspayteachers.com/Product/Mental-Health-While-Staying-Home-Middle-and-High-5473348?st=7163ec010773163f9fcc2d8e9a3f407f>

General Information About Trauma:

- ACES in Education collection of resources, articles, webinars: <https://www.acesconnection.com/g/aces-in-education/blog/aces-in-education-and-covid-19>
- The Trauma Informed Educators Network Podcast series: <https://soundcloud.com/mathew-portell-93233744>
- Overview of the how and why of trauma-informed teaching: <https://www.edutopia.org/article/how-and-why-trauma-informed-teaching>
- Considerations for crafting a social-emotional learning plan for reopening schools: https://www.lessonsforsele.com/post/why-every-school-must-have-a-social-emotional-learning-plan-prior-to-reopening?fbclid=IwAR2a3HXzePi88pGkf62BpPUT9rBq8fBmI_NgOf2YZIsTrjM5C73kEAJCw6Q
- Helping young people gain resilience during Covid-19: <https://health.usnews.com/wellness/for-parents/articles/helping-young-people-gain-resilience-during-the-pandemic?context=amp>
- TEDx talk “Growing Roses in Concrete”: <https://www.youtube.com/watch?v=2CwS60ykM8s>

- Research paper on the protective benefits of a relationship with a trusted adult on long-term consequences of adverse childhood experiences:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5364707/>

Humanizing Remote Learning:

- Webinar on humanizing remote instruction in support of equity:
<https://www.youtube.com/watch?v=5OhMsleZIMw>

Theories of Trauma/Neurobiology of Trauma

- Neurosequential Model for Educators: <https://www.neurosequential.com/nme>
- **Somatic experiencing**
- **Polyvagal theory**

Secondary Traumatic Stress/Compassion Fatigue:

- Secondary traumatic stress and self-care packet:
https://safesupportivelearning.ed.gov/sites/default/files/Building_TSS_Handout_3secondary_trauma.pdf
- Collective trauma in educators webinar:
<https://drive.google.com/file/d/19BDVuQOvn3qg9Eebpd9Cm793gxiEl0IQ/view>

Social-Emotional Learning Programs/School Models

- Cognitive behavioral intervention for trauma in schools : <https://cbitsprogram.org/school-crises>
- Sanford Harmony free SEL program: <https://www.sanfordharmony.org/webinars/>
- Conscious discipline: <https://consciousdiscipline.com/e-learning/webinar/>
- Compassionate Trauma Responsive Schools: <https://chadd.org/attention-article/compassionate-trauma-responsive-schools/>

Regulating Activities

- Covid-19 support resources: <https://beaconhouse.org.uk/covid-19-support-resources/>
- Using rhythmic tapping for trauma: <https://attachmentdisorderhealing.com/developmental-trauma-3/>
- Trauma-regulated classroom: <https://www.tgclb.org/classroom/five-ways-to-create-a-trauma-informed-classroom-pt-2/>

Managing and Recovering from Racial Incidents

- Webinar and blogs on proactive school counseling in the aftermath of major racial incidents:
<https://www.mesacloud.com/blog/june-webinar>
- Responding to racist speech in school:
http://www.tolerance.org/sites/default/files/general/Responding%20to%20Hate%20at%20School%20ONLINE_3.pdf
- Guides on responding to hate and bias in school, for administrators, counselors, and teachers:
http://www.tolerance.org/sites/default/files/general/Responding%20to%20Hate%20at%20School%20ONLINE_3.pdf
- Webinar on achieving equity: <https://webinar.mesacloud.com/administrators-talk-equity>