



Module 4: Trauma-Informed Practices for Teachers

Notes Page

Directions: This notes page is provided to help you to capture important content in Module 4. You DO NOT have to submit this document. It is simply a resource for you to guide you through the module. We will view several resources in Module 4, and this Notes Page will help you to capture the most important content from each resource.

Module 4 Reflection

In Module 2, you learned about the effect of trauma and ACEs on a child’s development, and in Module 3, you learned about how trauma/ACEs can impact a child’s educational experience. Think again about your students who are currently struggling in your class(es) or who struggled in your class(es) last year. Could their struggles have been caused by trauma/ACEs?

What strategies did you use that seemed to help the student?

Did you try any strategies that did not seem to help? If so, what were they?

Six Guiding Principles to a Trauma-Informed Approach

6 GUIDING PRINCIPLES TO A TRAUMA-INFORMED APPROACH

The CDC’s [Center for Preparedness and Response \(CPR\)](#), in collaboration with SAMHSA’s [National Center for Trauma-Informed Care \(NCTIC\)](#), developed and led a new training for CPR employees about the role of trauma-informed care during public health emergencies. The training aimed to increase responder awareness of the impact that trauma can have in the communities where they work.

Participants learned SAMHSA’S six principles that guide a trauma-informed approach, including:



When discussing school and classroom strategies through the lens of a trauma-informed approach, teachers should be able to link the strategy to at least one of the guiding principles.

Video: Getting Started with Trauma-Informed Practices

In this video the teacher and other speakers discuss several trauma-informed strategies that can be used in the classroom to help students. Jot down those you see here. Which of the guiding principles is/are supported by each strategy? See the examples below.

Trauma-Informed Strategy/Practice	Guiding Principle(s)
Teach students positive affirmations	Empowerment, Voice, & Choice
Teach SEL skills, such as self-awareness and identifying emotions.	Empowerment, Voice, & Choice

What were your key take-aways from the video?

Webpost: Trauma-Informed Strategies to Use in Your Classroom

In this online article, the authors identify several trauma-informed practices for the classroom. Jot down those you see, along with the appropriate guiding principles. See the example below.

Trauma-Informed Strategy/Practice	Guiding Principle(s)
Help students to build positive peer and adult relationships.	Trustworthiness & Transparency Peer Support Collaboration and Mutuality

Any other key take-aways?

Article and Video: How to show empathy to your students with compassionate curiosity

What are the key practices mentioned by the authors regarding showing empathy to your students with compassionate curiosity?

Other key take-aways?

Article: Trauma-Informed Teaching Strategies

In this article, the author offers SEVERAL helpful strategies for teachers. Capture them in the table below and identify the guiding principle(s) that are reflected in the strategy.

Trauma-Informed Strategy/Practice	Guiding Principle(s)