

# 10 Steps to Create a Trauma-Informed Resilient School



## Course Overview

In this foundation-setting learning experience, participants are walked, step-by-step, through the 10 steps to create a trauma-informed, resilience-focused school. Upon successful completion of the full training or course, [Certified Trauma and Resilience Specialist in Education \(CTRS-E\)](#) Certification is awarded.

Presented by a [Starr Certified Trauma and Resilience Trainer in Education \(CTRT-E\)](#), the learning experience will focus on resilience with an emphasis on understanding how trauma impacts children and their school experience. It will provide proactive strategies such as fostering connections, prioritizing social and emotional skills, establishing safety, and promoting play. Detailed information and concrete actions will also be covered, and in a way that doesn't just answer the "why" but also the "how" to create the best classroom and school supports for traumatized students and the school professionals who serve them. A strong focus on understanding the link between a student's private logic and their academic achievement and behavior deficits in the Circle of Courage's universal needs will be addressed, as well as how to assess students and create behavior support plans for each. Strategies to collaborate with families and communities and to support staff will be presented also, as well as examples of how to collect and utilize outcome data.

**Provided Resources:** "10 Steps" Activities Packet and, upon request, a Certificate of Completion and CTRS-E Badge (upon request)



## Learning Objectives

Upon successful completion of the course, you will be able to:

- Identify at least three questions to ask to promote a trauma-informed and resilience-focused mindset when working with students in the school setting.
- Name the four main protective factors of resilient youth.
- Describe how trauma impacts the deep and outer brain functions specifically in the school setting.
- Recall at least five proactive strategies for every classroom.
- Express the concept of private logic and provide at least two examples of how private logic impacts behavior in the school setting.
- Recognize at least three ways your school can collaborate with caregivers, family and community.
- Recount the importance of self-care for educators and other school professionals.
- Report at least three evaluation strategies to use to determine your school's level of trauma-informed and resilience-focused practices.