



Building Trauma Informed Classrooms

A Solution

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- Why are we discussing trauma informed classrooms?
- What do we need to address what we see and/or experience?
- How do we work through this complex reality?

Prevalence

- About 61% of adults surveyed across 25 states reported that they had experienced at least one type of ACE, and nearly 1 in 6 reported they had experienced four or more types of ACEs. *(Merrick et. al., 2018)*
- 1 in 3 women and 1 in 4 men experienced sexual violence involving physical contact during their lifetimes. *(Smith et. al., 2018).*
- 70% of adults have experienced at least one traumatic event in their lives, which translates into 223.4 million people *(SAHMSA, 2014)*
- 1 in 5 women and 1 in 7 men have been victims of severe physical violence by an intimate partner at some point in their lifetimes *(Brieding et. al., 2014)*

Why now?

- Pandemic (with masks and social distancing and threats of illness and death);
- Loss of social connections
- Racial tensions
- Uncertain economy: unemployment, homelessness
- Prior trauma history

In addition to:

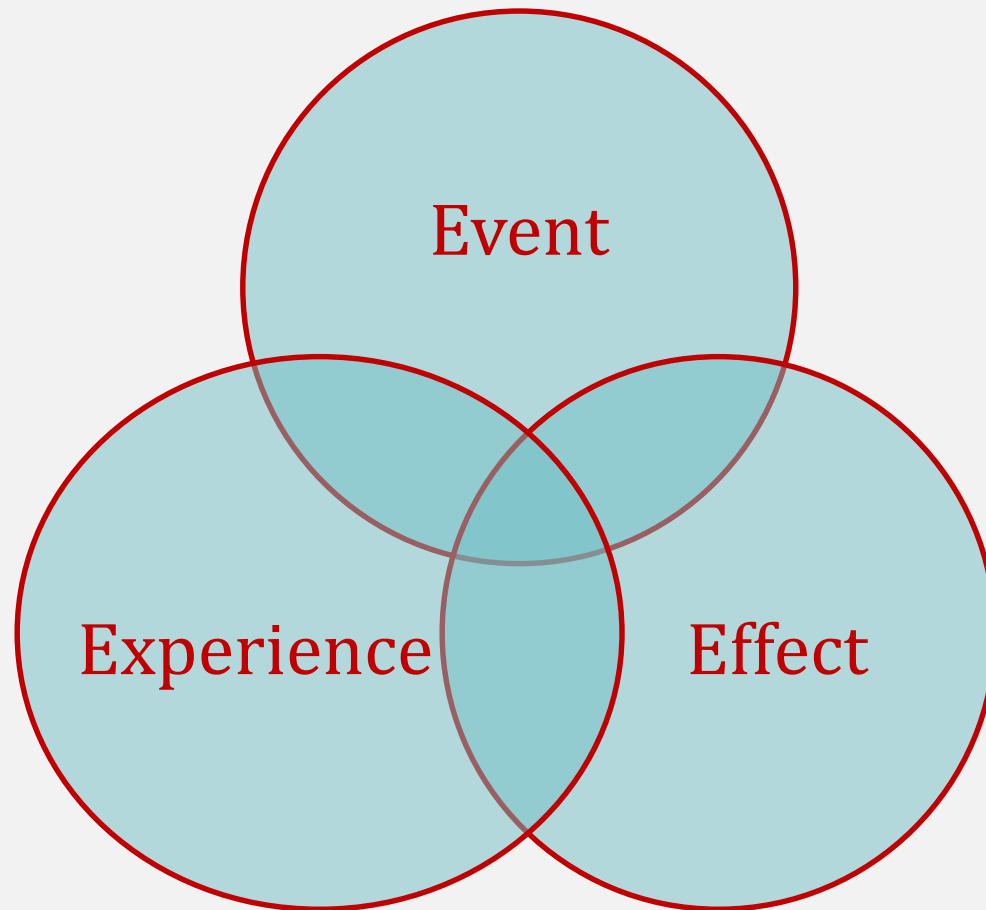


How is trauma defined?



“trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening and that has lasting adverse effects on the individual’s functioning and physical, social, emotional, or spiritual well-being” (SAMHSA, 2012, p. 2).

The Three “E’s” of Trauma



Clinical Practice Trenches

- Cyber stalking
- Increased access/exposure for domestic violence
- Sexual abuse
- Increased access for incest
- Harassment
- Depression/Suicidal ideations
- Increased dissociation
- Obsessive compulsive disorders escalating
- Anxiety
- Addictions
- Attachment disorders

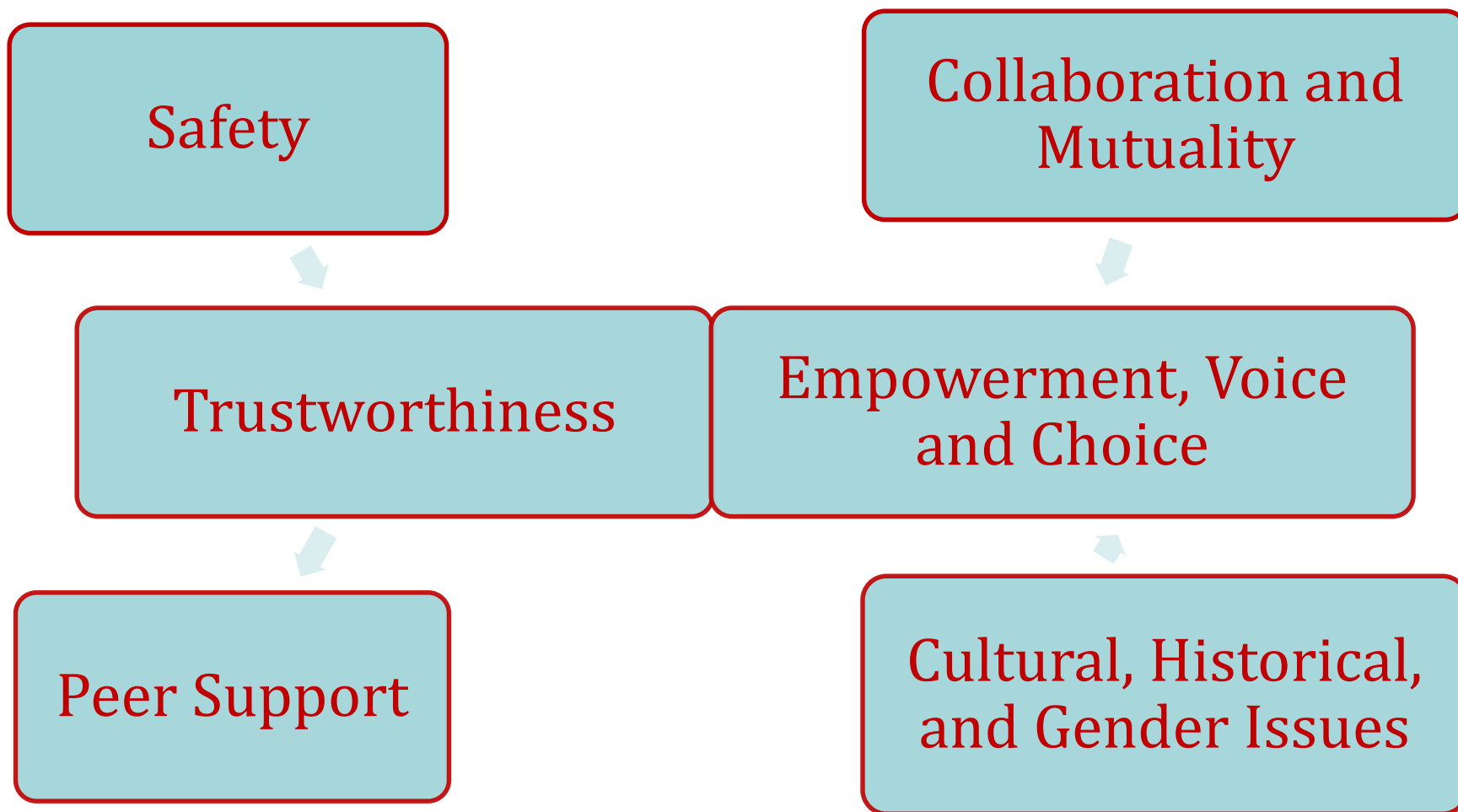


Impact of Trauma



- Emotional
- Emotional dysregulation
- Numbing
- Physical
- Somatization
- Neurobiology
- Hyperarousal and sleep disturbance
- Cognitive
- Triggers and flashbacks
- Dissociation, depersonalization and derealization
- Behavioral

6 Principles of Trauma Informed Approach



Suggested strategies

- Students need to track their schedules, both academic and fun. Make suggestions as you wrap up class
- Suggest maintaining normalcy in schedules
- Connection is key for students. Group activities during and after class are essential
- Integrate uplifting memes into your PPT presentations
- Use visual pictures of connection images throughout your presentations
- Utilization and suggestion of sensory practices in and out of class
- Be predictable with your mood and how you deliver lectures, setting consistent expectations for assignments

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Thank you!



Unit Name