

OVERCOMING TRAUMA

Treutlen County Schools

October 2023



THREE STRATEGIES TO ADDRESS TRAUMA★

Self Regulation:

Know triggers and acknowledge emotions.

Validation: Affirm understanding of others' perspective

Problem-solving:

- Identify the problem
- Generate options
- Evaluate alternatives
- Find a solution and implement
- Script the answer



RAPPORT BUILDING STRATEGIES

- Show Genuineness
- Be Respectful
- Practice Empathy



REMINDER

Overcoming trauma is a process. Be Kind!!

References:

Georgia State University: Andrew Young School of Social Work. (2023). Participant Guide, April 2023. Professional Excellence Program: Child Welfare Training Collaborative.

TRAUMA

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TRAUMA DEFINED



Trauma- a life-altering event

-can be witnessed or experienced (real or imagined)

-can happen to someone close to the child



HOW TRAUMA MAY LOOK IN THE CLASSROOM

- Anxiety
- Aggression (Physical or Verbal)
- Inattentiveness
- Tardiness
- Extreme Shyness
- Excessive Anger



REMINDER

Be mindful that misbehavior could be a result of student's present or past trauma.

References: Georgia State University: Andrew Young School of Social Work (2023). Participant Guide, April 2023. Professional Excellence Program: Child Welfare Training Collaborative