

Foundational Trauma-Informed Strategies

for Elementary & Secondary Educators in 2020

Virtual Training Series

Resilient Futures Executive Trainers will facilitate an interactive professional development series focused on increasing capacity and sustainability for integrating trauma-informed, culturally-responsive (TICR) best practices, in ways that meet the needs of *all students* in the community.

Applying practices and skills in the context of the current COVID-19 pandemic will be integrated into all aspects of the training series.

Elementary Educators

Session 1: Oct. 2
Session 2: Oct. 16
Session 3: Oct. 30
Fridays 12:00-2:00 PM

Secondary Educators

Session 1: Oct. 9
Session 2: Oct. 23
Session 3: Nov. 6
Fridays 12:00-2:00 PM

Training Objectives

1. Strengthen foundational trauma-informed knowledge, moving from theory to application using practical strategies that can be implemented immediately.
2. Examine trauma and trauma-informed practices through a lens of equity and cultural humility, focusing on implicit bias and racial equity.
3. Learn and practice skills to foster resilience for students and staff through building connection, coping skills, and competence, while focusing on individual and community wellness.
4. Participants will develop sustainable procedures and skills for integrating TICR best practices into their specific role or leadership position.



Training Topic 1:

Understanding Stress & Trauma; Grounding in the HEARTS Model

This foundational professional learning workshop will explore trauma-informed practices grounded in the HEARTS (Healthy Environments and Response to Trauma in Schools) framework that is an equity-focused, whole-school approach that supports sustainable individual and systemic change by creating school-wide literacy of the impact of trauma, while embedding universal supports to foster resilience.

Training Topic 2:

Cultural Humility; Resilience & Social-Emotional Learning; Grief

This workshop will expand on foundational trauma-informed core concepts through the HEARTS framework, specifically focusing on Cultural Humility, Resilience, Social-Emotional Learning, and Grief. Applying practices and skills in the context of the current COVID-19 pandemic will continue to be addressed throughout the workshop.

Training Topic 3:

Safety & Predictability; Compassion & Dependability

The third and final workshop in this series will expand on trauma-informed core concepts through the HEARTS framework in the context of the current COVID-19 pandemic, specifically focusing on Creating Predictable Environments, Fostering Resilience through Connection, Creating a Trauma-Informed Classroom, and Trauma-Informed Planning for School Re-opening.

To register for both training series, please click [HERE](#).

For questions, please contact Andrea Pulkamp at pulkamp_a@cde.state.co.us.