

Trauma Informed Practice

What does Trauma Informed Practice look like in our schools?

Resources:

The Edmonton Catholic School District Mental Health Strategic Plan provides opportunities to further develop your understanding of mental health and build awareness about tools and strategies to support all students' mental health.



KEY UNDERSTANDINGS

- Students who experience severe or chronic trauma without the support of a nurturing relationship are at high risk for having difficulties with learning, behaviour and peer relationships.
- You may notice a range of actions from aggression to withdrawal.
- Trauma Informed Practice creates a shared understanding and common language about how to create welcoming, caring, respectful and safe schools.
- Trauma -Informed Practice involves learning environments that are calm, predictive and supportive.
- Clear and consistent boundaries, while allowing for some accommodations when the child is overwhelmed or stressed, will help to create trusting teacher – student relationships.
- Allow choice when possible and validate the feelings that your students share with you.
- As educators, we want to ensure our students have safe spaces within the school and the opportunity to develop healthy relationships with safe adults within the school.
- A positive relationship with a caring adult can make a significant difference for a student who has experienced trauma.

QUESTIONS FOR DISCUSSION

- What does Trauma Informed Practice look like in your school?
- How can I implement trauma informed practices within my classroom?
- How can I ensure my students feel safe and cared for within the school environment?

FOR MORE INFORMATION:

Visit ECSD SharePoint: Learning Services Innovation, Inclusive Education - Mental Health

<https://www.ecsd.mentalhealth>

Working Together to Support Mental Health in Our Schools

https://education.alberta.ca/media/3576206/working_together_to_support_mental_health.pdf

Alberta Education: What is Trauma Informed Practice?

<https://education.alberta.ca/trauma-informed-practice/what-is-trauma-informed-practice/>

https://www.cdc.gov/violenceprevention/acestudy/about_ace.html

<https://www.rwjf.org/en/library/infographics/the-truth-about-aces.html>

<https://jimsporlederconsulting.com/books/>

