

Developing Trauma-Sensitive Classrooms: A Training and Coaching Series for Educators

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Approximately 64% of U.S. adults have experienced potentially traumatic events before age 18.¹ Students exposed to trauma without receiving effective supports are at increased risk of poor academic performance and behavior.² Schools play a crucial role in supporting students impacted by potentially traumatic events.³

REL Appalachia and partners developed a training and coaching series to help educators understand and use evidence-based strategies to support students and educators experiencing trauma.



Go to the next page to learn more about this training series and access the free video recordings and materials.

Note: This series was originally developed with and delivered to educators and staff in Marshall County Schools, Kentucky, through REL Appalachia's [*Building Safe, Caring, and Trauma-Sensitive Schools*](#) partnership.

The Developing Trauma-Sensitive Classrooms training and coaching series presents evidence-based strategies and provides resources to help educators implement the strategies.

Training session	Example strategies	Video and sample resource
1. Understanding Trauma and Its Impact on Students	<ul style="list-style-type: none"> Understand the different types of trauma and their impacts on students' learning and behavior.⁸ 	<ul style="list-style-type: none"> Video recording Handout: Three Types of Trauma
2. Identifying Students Who Need More Intensive Trauma-Sensitive Supports	<p>Practice UPLIFT:⁹</p> <ul style="list-style-type: none"> Understand families' cultures and concerns. Prepare students and families for screening. Listen and validate feelings and experiences. Instill hope but don't downplay concerns. Find a path forward for support. Take the next step to facilitate follow-up and support. 	<ul style="list-style-type: none"> Video recording Coaching Meeting Slide Deck
3. Creating a Trauma-Sensitive School Environment and Classroom	<ul style="list-style-type: none"> Create a safe, predictable, and transparent classroom. Use positive behavior supports and social-emotional learning. Build awareness about students' needs and referral resources.⁶ 	<ul style="list-style-type: none"> Video recording Handout: Developing Trauma-Sensitive Classrooms to Support Students and Educators
4. Educator Self-Care	<ul style="list-style-type: none"> Practice self-reflection and check in regularly with yourself and others. Try mindfulness or meditation. Develop a wellness plan.¹⁰ 	<ul style="list-style-type: none"> Video recording Handout: Resources to Support Educator Well-Being

Ready to get started? [Access all the training and coaching materials and resources](#) on the REL Program website.

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¹ Centers for Disease Control and Prevention. (2024). *About adverse childhood experiences*. Retrieved May 29, 2024, from <https://www.cdc.gov/aces/about/index.html>

² Chafouleas, S. M., Johnson, A. H., Overstreet, S., & Santos, N. M. (2016). Toward a blueprint for trauma-informed service delivery in schools. *School Mental Health*, 8(1), 144-162. <https://doi.org/10.1007/s12310-015-9166-8>

³ Herrenkohl, T. I., Hong, S., & Verbrugge, B. (2019). Trauma-informed programs based in schools: Linking concepts to practices and assessing the evidence. *American Journal of Community Psychology*, 64(3-4), 373-388. <https://doi.org/10.1002/ajcp.12362>

⁴ Wright, T. (2017). Supporting students who have experienced trauma. *NAMTA Journal*, 42(2), 141-152. <https://eric.ed.gov/?id=EJ1144506>

⁵ Child Health and Development Institute. (n.d.). *Helping children who experience trauma: The role of trauma screening*. <https://www.chdi.org/traumascreentime/>

⁶ National Center on Safe Supportive Learning Environments. (2020). *Trauma-sensitive schools training package*. American Institutes for Research. <https://safesupportivelearning.ed.gov/trauma-sensitive-schools-training-package>

⁷ Regional Educational Laboratory Pacific. (2020). *How to grow teacher wellbeing in your schools* [Infographic]. U.S. Department of Education, Institute of Education Sciences. <https://eric.ed.gov/?id=ED604723>

⁸ REL Appalachia at SRI International. (2020). *Common trauma symptoms in students and helpful strategies for educators*. U.S. Department of Education, Institute of Education Sciences. <https://ies.ed.gov/ncee/edlabs/regions/appalachia/events/materials/04-8-20-Handout3-common-trauma-symptoms-and-helpful-strategies-for-educators.pdf>

⁹ Child Health and Development Institute. (n.d.). *UPLIFT: A guide to trauma screening*. National Child Traumatic Stress Network. <https://dm0gz550769cd.cloudfront.net/screentime/77/77f2b7df7b5679fa68e3ff8493773b96.pdf>

¹⁰ Bostic, J. (with Horen, N., Hoover, S., Lever, N., Rakow, A., & Biel, M.). (2022). *WISE teacher well-being workbook*. MedStar Georgetown Center for Wellbeing in School Environments. https://static1.squarespace.com/static/60411ac3e851e139836af5fi/t/6155e14e69ae5761df34cf0/1633018213269/TeacherWISE_9.30.21-web.pdf

To access this infographic and the the linked resources digitally, follow this QR code.



Learn more about REL Appalachia and find additional resources: <https://ies.ed.gov/ncee/rel/region/appalachia>

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