

# TRAUMA INFORMED PRACTICES SERIES

This three-day workshop series is designed to provide teachers with foundational knowledge, tools, and strategies needed to create trauma-informed classrooms. With the high rates of trauma and chronic stress in our communities, understanding and addressing the impact of trauma on students is necessary to create safe and inclusive learning environments where even our most vulnerable students can thrive.



**September 5th, 2024**  
**October 17th, 2024**  
**November 7th, 2024**

**\$375**

**LER 204**

**8:00 AM - 3:00 PM**

**FOR INFORMATION:**

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**Day 1: Foundations of Trauma-Informed Practices**

Understand the impacts of trauma on students, their brain, and their behavior.

**Day 2: Cultivating Resilience and Self-Care**

Explore the concept of co-regulation and the role it plays in help regulate the emotions of disregulated students.  
Acknowledge and plan for the challenges of being an educator in today's world

**Day 3: Trauma Informed Strategies in the Classroom**

Educators will learn practical strategies to integrate trauma informed practices into their classroom upon returning to their site. Educators will learn how to maintain boundaries and administer consequences while providing students with relational support