

New Video Training Series on Trauma Sensitive Approaches for Home and School

CCSI recently worked with [Formed Families Forward](#) to create a video training series about trauma sensitive approaches for home and school. The series sets the stage for deeper learning and practice, and each video is less than 10 minutes. Here is a brief overview of what viewers will learn from each video:

Part 1 Understanding Trauma – This video describes the basics about trauma including:

- the different types of trauma
- how Adverse Childhood Experiences (ACEs) impact health in adulthood
- how childhood trauma affects the brain
- the “hand model of the brain” by Daniel Siegel
- how to identify what trauma impact looks like in students’ behavior
- resiliency factors that counteract trauma

Part 2 Responding to Trauma – When working with youth with trauma histories, the best approaches are:

- responding to the need behind the behavior
- having an approach that is clear, consistent, reinforced and promotes a sense of safety
- using the “ARC framework” (Attachment, Self-Regulation and Competency) which builds the emotional resilience in students

Part 3 Trauma Sensitive Schools – Creating a trauma-informed school requires multi-tiered systems of support. This is achieved by:

- considering social, emotional, behavioral and academic supports
- incorporating the 5 core trauma-informed care values of safety, trustworthiness, choice, collaboration and empowerment

The videos can be found on the [Formed Families Forward YouTube channel](#). A set of one-page fact sheets that accompany the videos will be available in August, so stay tuned to our next newsletter where we’ll share those fact sheets. For more information about trauma-sensitive approaches, contact Elizabeth Meeker, PsyD, Director, Practice Transformation at emeeker@ccsi.org.