



# CREATING TRAUMA-SENSITIVE SCHOOLS



## Professional Development Training

# OVERVIEW

At the Attachment & Trauma Network, for over 25 years our mission has been to support children impacted by trauma in their families, schools and communities. We offer engaging, powerful, research-informed training and consultation to schools through our Creating Trauma-Sensitive Schools (CTSS) Program. We can customize our trainings to fit your school or school district — anywhere from a half-day overview of how trauma impacts learning to on-going consultation as your school develops and implements a trauma-informed strategic plan. The goal is to provide what YOU need to create a trauma-sensitive school program, recognizing that becoming trauma-informed is a process more than a destination.

Our dynamic trainers are highly experienced trauma-informed educators ready to bring their real-world experience and practical knowledge to your school.

[CreatingTraumaSensitiveSchools.org](https://www.CreatingTraumaSensitiveSchools.org)



## Training Objectives:

Participants will —

- Realize the prevalence of trauma as informed by the Adverse Childhood Experiences Study (ACEs).
- Recognize the impact of trauma on learning and behavior.
- Respond in a trauma-informed way in the classroom, with classroom management and instructional strategies.
- Understand how trauma-informed care fits into Universal Design for Learning and RTI Framework.

## Training to Fit Your Needs:

*ATN's CTSS program can be custom designed to fit your staff's professional development time frame. Our typical recommendation is a two-day training (6-7 hours), followed by a day of Train-the-Trainer for the optimal success of implementing trauma-informed practices:*

**Day One:** Understanding trauma's impact & Looking at our practices through a trauma-informed lens.

**Day Two:** Responding in a trauma-informed way & Building a culture of resilience.

**Day Three:** Train-the-Trainer Session where your school's cohort learn to train others and develop a strategic plan for implementation.

**On-Going Coaching & Consulting.** For those who have completed at least a 2-day training and want implementation support. Contracted by day, month or year.

# FEEL SAFE BE CONNECTED

# GET REGULATED LEARN

## Topics Covered:

- *Definition of Developmental Trauma*
- *Prevalence—the ACEs Study*
- *Neurobiology of Trauma*
- *What's Attachment?*
- *Dance of Attunement (large group activity)*
- *Impact of Trauma on Learning*
- *Impact of Trauma on Behavior*
- *Importance of Self-Care*
- *How to Build Resilience*
- *Sensory Environment*
- *Shifting the Way We View Behaviors*
- *Teaching Self-Regulation*
- *Trauma-Informed Care & the RTI Framework*
- *Universal Design for Learning*
- *Trauma-Informed Special Education*
- *Your Personal Self-Care Plan*

## What Makes ATN's CTSS Team Unique?

- Over **100 years** of combined experience **in schools**
- **All levels of teaching** — high school, middle school, elementary & early education
- **All areas of educators** — Administrators, teachers, counselors, school board members
- **For Us...it's PERSONAL:** Every CTSS Trainer is either the parent of a child impacted by trauma, an adult who was significantly impacted by childhood trauma and/or has several years of experienced working with highly vulnerable students.

# CTSS TRAINERS

## FIRST & FOREMOST EXPERIENCED EDUCATORS

### MEET SOME OF OUR TEAM



**Ralph  
Rothacker, M.Ed.**  
Administrative & teaching  
experience at all levels

- Currently principal at residential program for at-risk adolescent girls
- 25 years of administrative experience; 14 as teacher
- ATN board member
- Devoted to maximizing students' potential through TSS



**Melissa  
Sadin, Ed.D., MAT. M.Ed.**  
Life-long educator,  
adoptive mother & author

- Directs ATN's CTSS Program
- Special education director
- Elementary school administrator
- School board member
- First book: Teacher's Guide to Trauma
- Expert in developmental trauma in schools



**Janis  
Bozowski, M.Ed., MA**  
Three decades of public  
school experience

- Elementary principal
- Physical ed teacher—MS/elem
- District-wide staff development
- Responsive Classrooms
- Passionate about teacher self-care

# CONTACT US

**Contact us for a quote!**

888-656-9806 • [Melissa@attachtrauma.org](mailto:Melissa@attachtrauma.org)  
[CreatingTraumaSensitiveSchools.org](http://CreatingTraumaSensitiveSchools.org)

**Visit our Store for Trauma-Informed Resources**  
[CreatingTraumaSensitiveSchools.org/store](http://CreatingTraumaSensitiveSchools.org/store)



© 2019 All Rights Reserved Attachment & Trauma Network, Inc.