

Trauma Seminars

Historical Trauma: System of Oppression and its Impact on Youth

This seminar will identify the impact of oppression on young people and evaluate approaches to disrupt and dismantle systems of oppression that impact mental health, social skills, relationships, and success. (3 hour)

How Can We Help our Youth After a Traumatic Event?

Who needs more support? Which of our youth face the greatest risk of mental illness? How can educator's influence children's experiences after traumatic events to promote wellness (over mental illness)? This seminar will help educators identify the risk factors for developing mental illness following a crisis event and how to investigate evidence-based practices for promoting student healing. (3 hour)

Proactively Confronting Trauma in the Classroom and Other Learning Spaces

Students are affected by their experiences and impacted by the situations and events that they witness. Exposure to trauma and traumatic events often create social, emotional and behavioral problems that can hinder academic progress.

This seminar will provide School-Related Professionals (SRPs) with an understanding of how trauma affects students and offer an opportunity to develop strategies to support and promote school wide success. (3 hour)

Trauma and Resilience

This introductory seminar provides a forum for educators to discuss what we mean by 'trauma' and how toxic stress impacts development and learning. This session will provide information to help educators learn how to boost students' resilience. (3 hour)