

Trauma-informed teaching strategies

New Course

Improving well-being, behaviour and attainment

- 📌 Understand the prevalence, and behavioural impact of, traumatic stress on teaching and learning
- 📌 Adopt trauma-informed teaching strategies to:
 - increase attainment
 - increase attendance
 - reduce suspensions
 - reduce significant behaviour incidents
- 📌 Develop small changes that can have a big effect on the positive development of all pupils you teach

Abigail Finnegan

Abigail began her career as a teacher and currently practices as a psychotherapist and trainer, specialising in psychological trauma and its impact on the body and brain. She has delivered specialist training to police, teachers, social workers, therapists, and crisis workers.

What is 'trauma-informed' teaching?

- An introduction to Adverse Childhood Experiences (ACEs), *e.g. abuse, neglect, divorce*
- The impact of ACEs on the brain and learning
- How trauma-informed, attachment-based approaches support the new mental health agenda

Integrating trauma-informed strategies into daily routines:

Recognise and minimise emotional triggers
Better manage dysregulated behaviour of children in class
Reinforce positive behaviour strategies for classroom management

A trauma-informed toolkit for daily practice

- Specific strategies to support staff with challenging children
- Skills to support a child whilst a referral happens
- Techniques for de-escalation and mindfulness
- Emotion coaching

Outcomes of the day:

- Reduce the impact of pre-existing trauma on learning
- Combat problematic behaviours disrupting a child's ability to learn
- Improve emotional well-being and resilience

To run this course in your school, call 01790 755783



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