

TRAUMA-INFORMED CARE (TIC) PROFESSIONAL DEVELOPMENT OFFERINGS FOR EDUCATORS



**SPEAKING &
TRAINING**



**ONLINE
COURSE**



**REFLECTIVE
GROUPS**

*Customizable Offerings and Packages to Meet
the Needs of Your School Community*



PROFESSIONAL DEVELOPMENT OFFERINGS FOR EDUCATORS

What You'll Find in This Guide

- A WELCOME FROM OUR FOUNDER
- WHY MULTI-PRONGED APPROACHES ARE ESSENTIAL FOR INTEGRATING TRAUMA-INFORMED CARE INTO PERSONAL AND INSTITUTIONAL PRACTICE
- SPEAKING:** SETTING THE STAGE FOR A NEW WAY OF TEACHING
- TRAINING:** DIVING DEEP INTO TRAUMA-INFORMED PERSPECTIVES, PRACTICES AND APPROACHES
- ONLINE COURSE:** SELF-PACED & TEAM-PACED LEARNING
- REFLECTIVE GROUPS:** SMALL-GROUP MEETINGS FOR ONGOING PROFESSIONAL DEVELOPMENT AND SUPPORT
- HOW TO DECIDE WHAT YOU AND YOUR TEAM NEED, AND HOW YOU CAN GET STARTED TODAY!

"GIVING TEACHERS THE **TRAINING & ONGOING SUPPORT** THEY NEED TO WORK WITH TRAUMATIZED KIDS IS GOING TO BE THE **MOST EFFECTIVE APPROACH** FOR HELPING STUDENTS GET BACK ON TRACK WITH LEARNING AND OFFSETTING THE LONG-TERM CONSEQUENCES OF CHILDHOOD TRAUMA."

- **JULIA ROSE M. POLK, LMFT**
FOUNDER OF TRAUMA CAMP





A Welcome From Our Founder

Julia Rose M. Polk, LMFT

I was 23 years old when I had the tremendous privilege of admitting into one of the world's leading trauma treatment centers, The Meadows, to fully delve into the healing process for the complex trauma I'd experienced as a child.

I remember going to session after session and being taught about things like neurobiology, the impact of toxic stress on a child's physiology, functional (and dysfunctional, in my case) family systems, and the relationship between childhood trauma and some of the major public health issues plaguing our country - addiction, suicide, codependency, poor health outcomes, violence - all of which had cascaded through my family over generations.

I remember both the intensity and richness of this experience feeling something like being at a summer camp, but a summer camp just for... well... *healing trauma*. "We're at trauma camp," I said to my brothers one day with a laugh.

Years later, when I became a licensed therapist myself, I carried with me the spirit of "trauma camp," providing my clients (children, adults and families) with the cutting-edge, science-based psychoeducation and support that I knew changed people's lives.

But I also learned early on in my clinical training that, despite the excellent work so many in my field were doing to treat trauma, the reality was that most adults (let alone children) never actually make it into therapy. (We can attribute that to the accessibility, affordability and cultural representation issues that continue to compromise care in my field today.) This got me thinking about other avenues for affecting change for the nearly 46 million children in America who have currently experienced *at least* one psychological trauma.

This, of course, led me to Educators. Teachers (whether they know it or not) are often the first professionals that will see a child the day after they've experienced a traumatic event; they are the true "first responders" to traumatized children. They are also those most chronically faced with these children's day-to-day trauma-related triggers, learning hurdles, and reactivity in the classroom. But even more



importantly, most teachers have literally hundreds of opportunities every week to provide small, therapeutic doses of regulation, support and care to these same students, *literally creating a environment that feels safer and more predictable for them in real-time.*

Not to mention the classroom- and school-wide benefits of integrating trauma-informed care into the whole school. Here are a few of the trends:

- *Decreases* in office referrals
- *Decreases* in fights
- *Decreases* in suspensions
- *Increases* in academic performance
- *Increases* in graduation rates
- *Increases* in college-bound seniors

Seems like an obvious win-win for both the students and staff, right?

Well, to me, it certainly did. It reaffirmed a central tenet in my field, that when you tend to the internal needs of a human being, their capacities and external behavior follow suit.

That's why, in 2019, I created Trauma Camp for Teachers, which provides trauma-informed, human-centered and biologically-respectful Professional Development to educators around the world. In just a few short years, we've reached, trained and worked with thousands of educators in almost all 50 states, and our work has even extended internationally, reaching educators in six other countries around the globe.

Once educators are exposed to the data, they begin to experience a deeper understanding of their role as a teacher, and the necessary impact of providing trauma-informed care. That it is not only an ethical duty when working with children, but also the most effective approach for helping children learn.

Which is fundamentally what we're here to do, right?

So, if you want to join us in this movement and step onto the path of integrating trauma-informed care into your school environment: *Welcome to Trauma Camp!* In this resource you'll learn about the array of offerings we provide to educational institutions, all of which can be customized to your community's particular needs.

I am so excited to have you be part of this sea-change effort that changes hearts and lives, and am honored to be a touchstone in this work with you.

In Hope, Healing, Support and Service,

Julia Rose M. Polk

JULIA ROSE M. POLK, LMFT
FOUNDER OF TRAUMA CAMP



Why Multi-Pronged Approaches Are Essential for Integrating Trauma-Informed Care

We all love workshops and conferences, don't we? They're fun, they're engaging, they're inspiring... We love being introduced to new ideas, connecting with new people, and collecting those awesome binders and handouts.

But what typically happens once they're over and we get in the car, toss them on the seat and head home? Oftentimes... *nothing!*

That cool binder filled with material that we swear we're going to use "someday" gets placed in the closet with all of the other cool binders and starts to collect dust. Our moment of inspiration is fleeting as we return to what we've done before and what we'll probably do again.

Now, this isn't to say that workshops and conferences aren't important or helpful or meaningful - they're all of the above! The truth is, though... that *they're just one tiny step* in the direction of becoming a trauma-informed teacher or creating a trauma-responsive institution.

Because in reality... **TEACHERS NEED MORE!** Way more support than just a few hours at a workshop, or a few days at a conference.

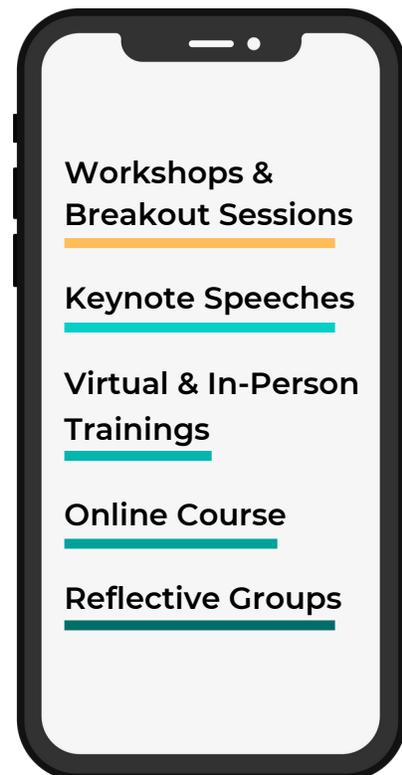
That's why we at Trauma Camp provide an *array* of offerings to help educators and leaders learn, practice and apply the principles of trauma-informed care.

I know it sometimes feels like we're trying to "boil the ocean" with all the complex challenges and issues facing our communities, societies and world.

But TIC doesn't require that we do that to make an impact. (Plus, we couldn't anyway... even if we tried.)

What we *do* have to undertake, though, is building our skillsets and competencies around trauma-informed care to ensure that the little (and big) humans we are working with (this includes YOU!) feel safe, respected, loved and protected in our unpredictable and ever-changing world.

So, if you're ready... let's dive into these life-changing opportunities!



Speaking

For many educators, the first step in becoming a trauma-informed teacher will be simply receiving a meaningful, informational and inspirational introduction to the topic. Oftentimes at a conference or event.

Whether this introduction be by way of a **Keynote speech**, a **Breakout session** or a **Workshop**, this powerful dose of learning can be that initial step on this journey. Here are some of the most highly sought after topics I offer educators for their speaking engagements:

 **The Seven Stages for Building Trauma-Informed Teachers, Classrooms and Schools (KEYNOTE)**

Learn the stage-by-stage approach to integrating trauma-informed practices into every level of your school system by following The Path of Progress (TM), the specific 7-stage path to comprehensive change at every level. (45m - 1.5 hrs)

 **Relational Interventions: The “Help Me, Help You” Engagement Strategy (WORKSHOP)**

Take a deep dive into relational interventions and specifically, the 3-step approach to resolving conflict and/or chronic issues that will leave you and your students feeling respected, protected and connected! (3-4 hrs)

 **The Impact of Violence on the Developing Brain (KEYNOTE)**

We cannot discuss childhood trauma without also looking at one of its greatest drivers: Violence. Explore how this touches the youngest humans and affects them throughout the lifespan. (45m - 1.5 hrs)

 **Six Simple Tools for De-Escalation (BREAK-OUT)**

Prepare to learn the basic elements and skills of de-escalation, and how to safely and respectfully navigate even the most stressful and charged moments with students. (45m - 1.5 hrs)

Training

For educators who are ready to go beyond an initial introduction and into a more thorough training in trauma-informed care, we have several options for facilitating this deeper and more comprehensive learning process.



In-Person

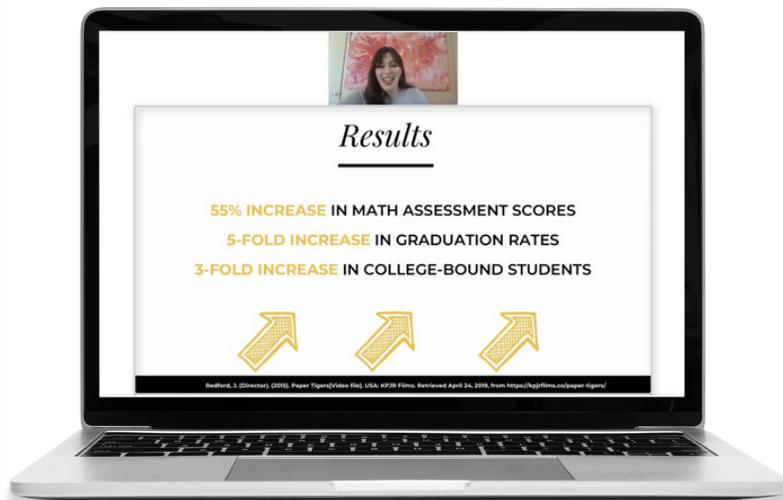
Whether it be for an entire district or a small staff, our in-person training option has been a preferred training option since pandemic restrictions have lifted. This joined and single-setting option allows for the most dynamic and involved learning experiences.

Full-day or Half-day options are available to meet the needs and schedules of your staff and team members.

Virtual

Virtual trainings continue to allow school communities large and small to maintain interactive learning at a distance.

Utilizing the popular and easy-to-use modern platforms (Zoom, Demio) to host small and large-scale online events, these more cost-effective trainings make in-depth learning easy and accessible for all participants.



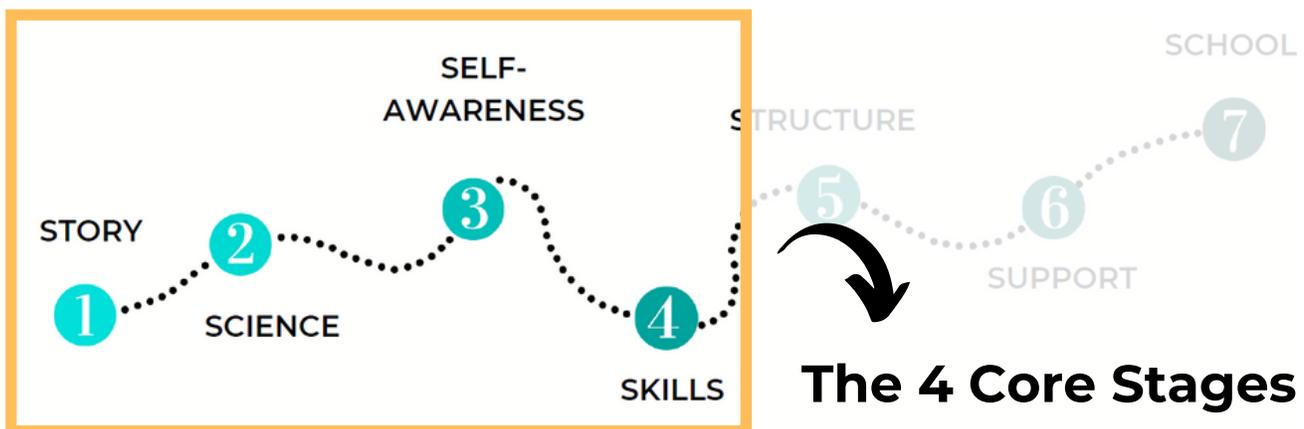
Online Course

Trauma Camp Basics (TCB) is the comprehensive course for teachers for building your foundation in trauma-informed teaching, biologically-respectful approaches, and developing high-impact classrooms with your students on a daily basis.



By following the first four stages on *The Path of Progress*[™] (plus a perspective-shifting Prep- Stage to get you started!), teachers develop their core foundation for trauma-informed teaching that will serve as the backbone of their TIC professional development throughout their careers.

THE PATH OF *Progress*[™]



**The 4 Core Stages
Specifically Designed
for Teachers**

Online Course (cont'd)

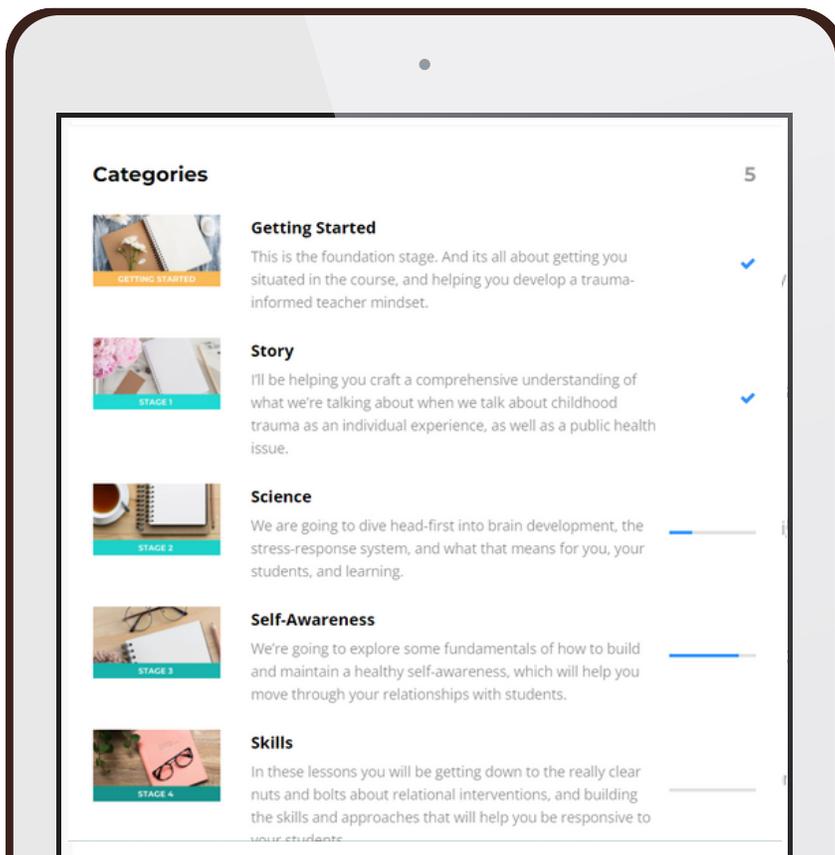
With over 8 hours of binge-worthy learning, these 32+ compact lessons and companion workbook guide educators through the development of a knowledge-base that will:

INFORM their understanding of childhood trauma and its effects on learning and behavior (Stage 1)

DEVELOP a working conception of neurobiology and how trauma affects brain capacity and functioning (Stage 2)

ENHANCE self-awareness through growing reflective skills (Stage 3)

ESTABLISH an actionable skill set that will support them in regulating, de-escalating and collaborative solution-finding around recurrent behavioral or performance problems with their students (Stage 4).



The TCB course is an excellent "must-have" **self-paced** and/or **team-paced** training resource that individual educators and teams can come back to again and again over the course of the school year, and throughout their careers.

Reflective Groups

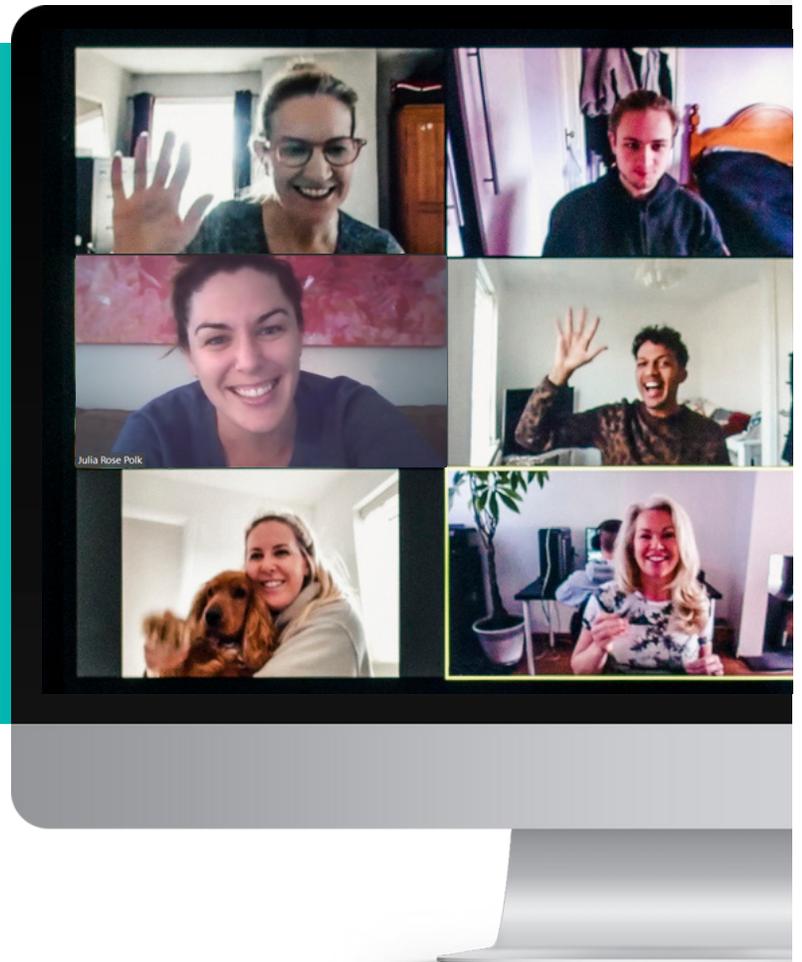
Once a foundational knowledge and skillset around TIC has been established, educators need (and deserve) support to facilitate the ongoing *integration* and real-time *application* of all the information they have just consumed. This elemental component of learning is what's missing in so many Professional Development processes today.

That's why we at Trauma Camp created **REFLECTIVE GROUPS** to support the ongoing learning and development needs of trauma-informed teachers.

These Reflective Groups are a series of small-group sessions led by a TC-facilitator, which are used as a place for continued support, connection and case consultation for teachers and school staff as they navigate TIC approaches with their students and the school as a whole.

Group Options:

- + **Size:** 3-5 Participants / Group
- + **Length:** 45, 60, 90 Mins / Session
- + **Frequency:** TBD
 - o Fixed Amount (ex: 3-5 total)
 - o Ongoing (Weekly, Bi-Weekly, Monthly, Quarterly)

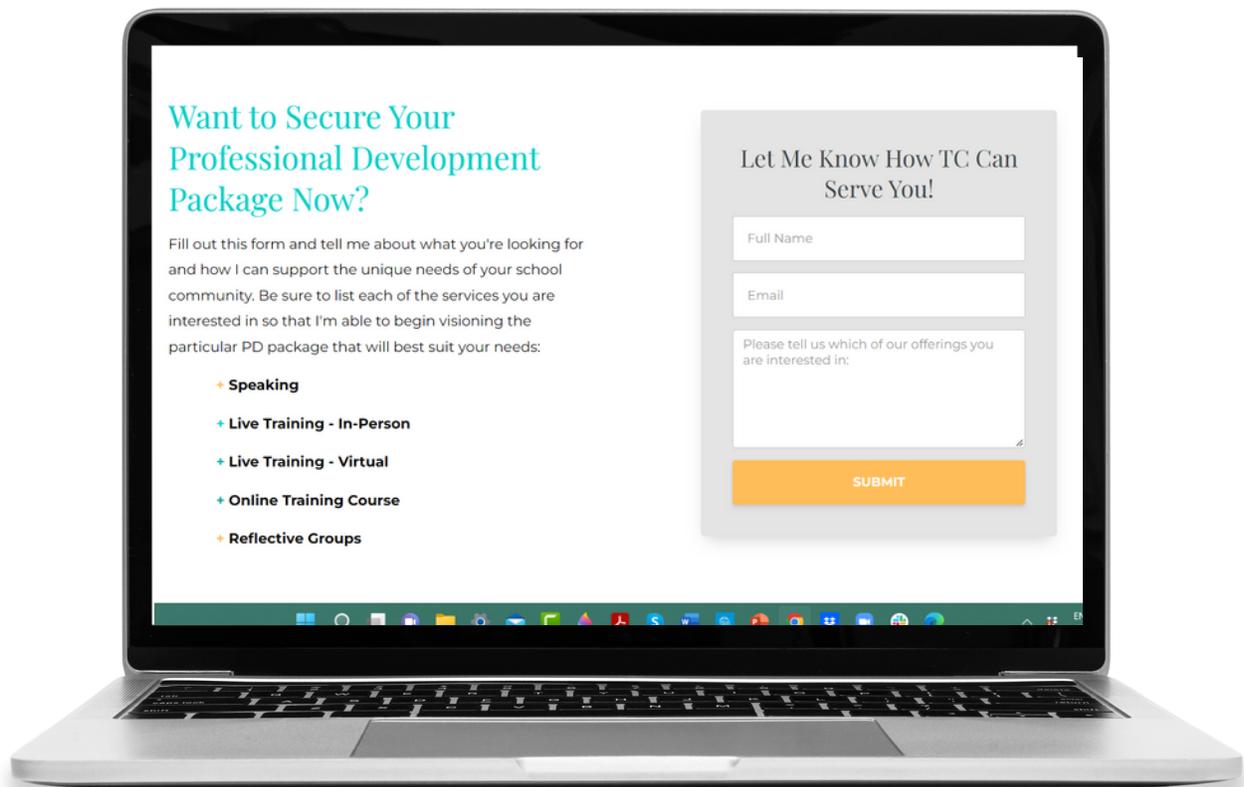


Next Steps!

Are you ready to start your trauma-informed training today? Head on over to:

www.traumacamp.com/offerings

Then scroll down until you see this inquiry form, fill it out, and let me know how I can best meet your educational community's needs!



I would be honored to provide the Professional Development your staff needs, and to have Trauma Camp get you started on your trauma-informed journey. I hope to hear from you soon!

- Julia Rose