

Trauma-Informed Instructional Practices  
2 salary points  
LAUSD Approved Course # NA-08-12

Course description:

Every day, an increasing number of students experience trauma that may adversely affect their learning, relationships, and life-trajectories. According to the Department of Justice, more than half of children in the U.S. were exposed to trauma in the past year, and 40% are direct victims of multiple acts of violence (higher percentages are represented in urban schools). This study also shows that students exposed to violence are more likely to be delinquent, struggle in and drop out of school; as well as to suffer from anxiety, depression, and PTSD, abuse drugs and alcohol, and engage in criminal activities (<https://www.justice.gov/archives/defendingchildhood/facts-about-children-and-violence>). Trauma can greatly affect students' ability to learn. But through trauma-informed instruction, teachers and other education professionals can be factors of healing toward success, despite these odds. This course guides educators through a paradigm shift, toward deeper understanding, heightened sensitivity, and increased efficacy in teaching students affected by trauma. Participants learn to take an informed approach to instruction that can break the cycle of trauma.

Course outline:

Unit I: Introduction of Course, Content, and Participants  
Unit II: Trauma, Brain Development, & Learning  
Unit III: Trauma & Relationships  
Unit IV: Trauma & Suicide Risk/Prevention  
Unit V: Breaking the Trauma Cycle: Classroom Practices & Culture  
Unit VI: Breaking the Trauma Cycle: Intervention (Individualized Support)  
Unit VII: Breaking the Trauma Cycle: Schoolwide Practices  
Unit VIII: Educators as Trauma-Survivors  
Unit IX: Research and Review of Supplemental Resources  
Unit X: Course Conclusion & Final Project