

## **Trauma-Sensitive School-Based Practice in Turbulent Times**

August 12, 19, 26 and September 2, 2020

4:00 pm – 5:30 pm CST

6 Contact Hours (.6 AOTA CEUs)

Recording available 30 days following the sessions

*Optional Community of Practice Follow-Up Session October 7, 2020*

*4:00 pm – 5:30 pm CST*

*1 Contact Hour (.1 AOTA CEUs) for Live Attendance*

Kim Barthel, BMR, OTR

Educational Level: Introductory

Audience: OTs, PTs, SLPs, Educators and interested others

### **Course Description**

The situation we are experiencing with COVID-19 is considered a collective trauma. Within this collective experience, emotional and behavioral responses are as varied as the number of humans on the planet. It is affecting us all, how we manage our own feelings and how we relate to one another. Adding to the ongoing uncertainty of issues related to the pandemic is a heightened awareness of racial injustice, political division and for many of us, an uncertain future. This unique series of four live webinars will address the dynamics of heightened emotion, allowing teachers and school-based practitioners to explore trauma-sensitive practice in real-time - bringing the theory into action. Appreciating the potential impacts of both early developmental trauma and current unpredictable events upon teaching and learning offers practitioners deeper insight and compassionate curiosity about how to support our students returning to school in the fall.

### **Session 1 - How Trauma Impacts Behavior**

**August 12, 2020**

This session will highlight the impact of developmental trauma, experiential trauma and collective trauma on brain development as it relates to regulation, relationships and learning. Appreciating attachment as a resilience factor supports the need for attuned relationships as a primary intervention in times of significant stress and uncertainty. The wide-ranging reactions to COVID-19 and the heightened awareness of racial injustice issues in our current social context will be emphasized.

#### *Agenda*

4:00 – 5:00 pm: Defining trauma & its impact on brain development and learning. Discussion of the reactions to COVID-19 and racial injustice in the context of trauma experiences

5:00 – 5:30 pm: Attachment as it relates to trauma experiences

**Session 2 – Cultivating Resilience / Nurturing Hope  
August 19, 2020**

This session will support professionals in learning to cultivate their own resilience, hold space for themselves, and further their critical self-care process. The science of resilience, gratitude and hope will be explored to inspire courage, stamina and sustainability in facing the real challenges in front of us. Practical examples will emphasize skills that empower teachers and school-based practitioners to take care of themselves both when they are with their students in the moment and when they are between classes/sessions. Teachers and school-based practitioners will be supported in their ability to become their best selves - to enhance the learning outcomes of their students.

*Agenda*

4:00 – 4:30 pm: Understanding & fostering resilience

4:30 – 5:00 pm: Self-care skills for teachers and school-based practitioners

**Session 3 - Developing Trauma-Sensitive Relational Skills in the Classroom  
August 26, 2020**

This session will offer inter-personal skill development that is applicable to both in-person and virtual educational settings. Attunement skills that create safety for learners will be highlighted as integral components of function and learning. Compassionate communication and skills of holding space during behavioural escalations will be emphasized. Ideas will be shared about building community in educational contexts, even when physical distancing and masks may be required.

*Agenda*

4:00 – 4:30 pm: Understanding and fostering attunement

4:30 - 5:00 pm: Holding space for others

5:00 – 5:30 pm: Building community in educational contexts

**Session 4 - Supporting Self-Regulation to Maximize Learning  
September 3, 2020**

This session will deepen the understanding of the development of self-regulation and the impact of stress and trauma on our management of arousal states. Interventions will be introduced that address regulation through healthy relationships, sensory-motor strategies and cognitive approaches. A special emphasis will be on the importance and practicality of

considerations that support movement, alignment, breathing and mindfulness in a range of learning settings – at school and at home.

*Agenda:*

4:00 – 4:30 pm: Understanding self-regulation

4:30 – 5:30 pm: Practical strategies to foster self-regulation

**Community of Practice Follow-Up Session**

**October 7, 2020**

The Community of Practice session allows participants an opportunity to follow-up with the speaker after taking a continuing education course to make the information more relevant to their practice. The intent is to review key concepts and allow participants to ask questions to improve their practice. Questions can also be emailed ahead of time at [education@integrativeot.org](mailto:education@integrativeot.org).

*Agenda*

4:00 – 4:30 pm: Review of key concepts (topics of content based on emailed questions)

4:30 – 5:30 pm: Question and Answer

**Learning Objectives**

The participant will be able to:

1. Give examples of how developmental trauma affects the developing brain, learning and behavior.
2. Monitor self-awareness to enhance therapeutic use of self.
3. Describe how skills of attunement can improve relationships between students and teachers as well as students with each other.
4. List several co-regulation skills important for therapists to use when supporting emotionally dysregulated students.

**Course Requirements**

For the live interactive sessions: Within one week of the course, the participant will be emailed a certificate of attendance following confirmation of attendance and completion of the self-evaluation.

For recorded session viewing: Following the passing score of 80% on the post-course quiz, the participant will be sent a course completion certificate.

For the Community of Practice session, only those attending live will receive CE certificates.

**Speaker**

Kim Barthel, BMR, OTR



Kim Barthel is a sought-after speaker and occupational therapist, best-selling author and internationally recognized clinician in the area of childhood trauma, attachment theory and sensory processing. Kim provides cutting-edge insights into the neuroscience of childhood trauma and travel extensively worldwide to educate and empower therapists, educators, parents and caregivers to support vulnerable children. Kim's mission is to support the conscious evolution of the human spirit.

Disclosure Statement: Ms. Barthel is co-founder of Relationship Matters Consultancy, Inc. Ms. Barthel receives an honorarium for speaking. She also receives revenue from any direct sales of her publications.

**For more Information:**

Visit <http://kimbarthel.ca/>