

Trauma Informed Education

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The Student Experience in Athens with Refugee Families

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Outline

1. Different Types of Trauma
2. Common manifestations of trauma
3. Trauma impact on the learning process
4. Trauma informed teaching practices for faculty

Definition of *trauma*

- 1 **a** : an injury (such as a wound) to living tissue caused by an extrinsic agent
 - b** : a disordered psychic or behavioral state resulting from severe mental or emotional stress or physical injury
 - c** : an emotional upset
// the personal *trauma* of an executive who is not living up to his own expectations
— Karen W. Arenson
- 2 : an agent, force, or mechanism that causes trauma

“Trauma is when we have encountered an out of control, frightening experience that has disconnected us from all sense of resourcefulness or safety or coping or love”.

(Tara Brach, 2011)



Common Elements

- It was unexpected.
- The person was unprepared.
- There was nothing the person could do to stop it from happening.

Types of Trauma

1. Acute trauma
2. Chronic trauma
3. Complex trauma



Psychological and Emotional Signs

1. Chronic fatigue, falling asleep in class
2. Symptoms of being easily distracted, “spacey,” or a tendency to daydream
3. Nervousness or tearfulness
4. Marked changes in regular habits or activities
5. Significant weight gain or loss
6. Signs of intoxication, dilated or constricted pupils, or apparent hangovers
7. Poor or declining physical appearance, hygiene, and grooming

Psychological and Emotional Signs

8. Hyperactivity or rapid, pressured speech
9. Extreme boredom, negativism, defensiveness, and secretiveness
10. Comments by others about alcohol or drug use
11. Erratic behavior, sudden mood swings, inappropriate anger, hostility, and irritability
12. Hyper-expansiveness or grandiosity
13. Withdrawal from others or loss of pleasure in everyday activities
14. Talk of suicide or harm to self or others

Trauma and the Learning Process

1. Trouble forming relationships
2. Poor self-regulation
3. Negative thinking
4. Hypervigilance
5. Executive function challenges



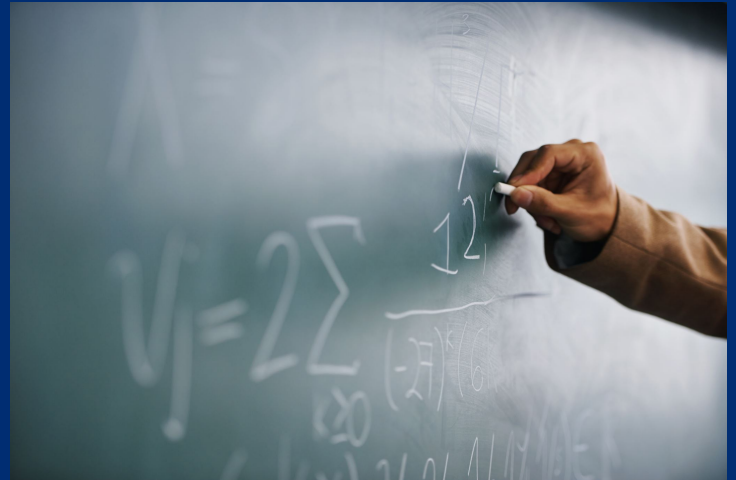
Five Trauma Informed Teaching Practices

1. Self Reflection/
Faculty Wellness



Trauma Informed Teaching

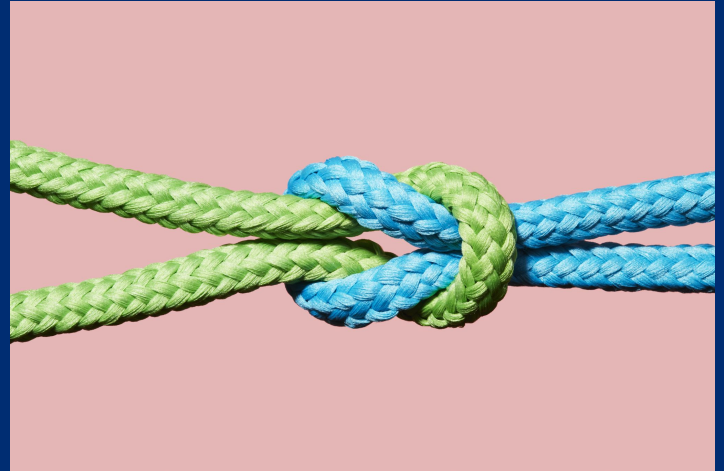
2. Proactive Awareness
3. Addressing Power Dynamics



Trauma Informed Teaching

4. Foster Connection & Belonging

5. Know Your Own Limits



Conclusion

"Everyone has a right to have a present and future that are not completely dominated and dictated by the past"

Karen Saakvitne

THANK YOU

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