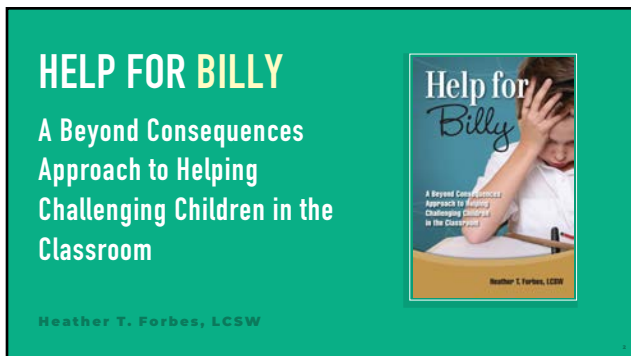


1



2

	<p>“ANDY”</p> <ul style="list-style-type: none"> • Predictability • Consistency • Certainty • Routine • Togetherness • Knowing • Voice 		<p>“BILLY”</p> <ul style="list-style-type: none"> • Unpredictability • Inconsistency • Uncertainty • Chaos • Loss • Abandonment • No Voice
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3

REGULATION

The ability to experience and maintain stress within ones window of tolerance. Generally referred to as being calm, focused, or relaxed. This term is utilized by literally every scientific discipline.

DYSREGULATION

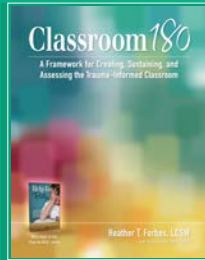
The experience of stress outside of ones window of tolerance, generally referred to as being stressed out or in a state of distress. It is believed that affect dysregulation is a fundamental mechanism involved in all psychiatric disorders. (Dr. Allan Shore - Affect Dysregulation and Disorders of the Self)

4

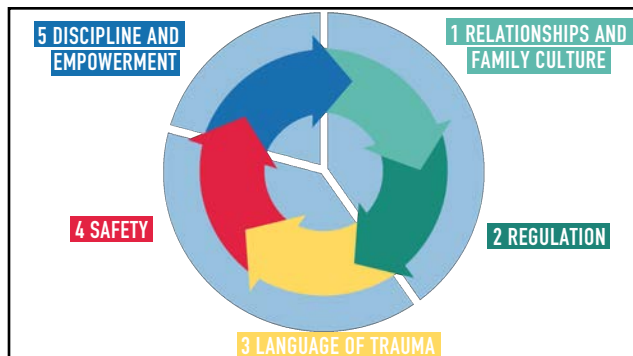
CLASSROOM180

A Framework for Creating, Sustaining, and Assessing the Trauma-Informed Classroom

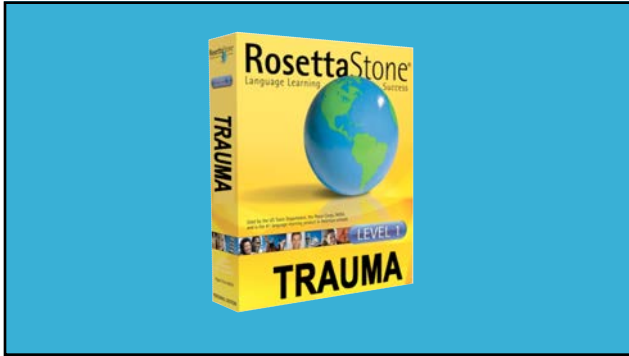
Heather T. Forbes, LCSW



5



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7



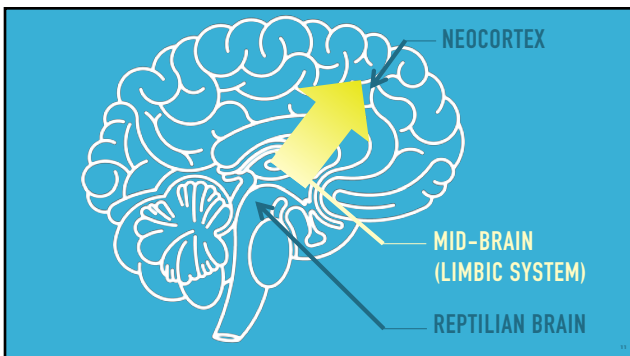
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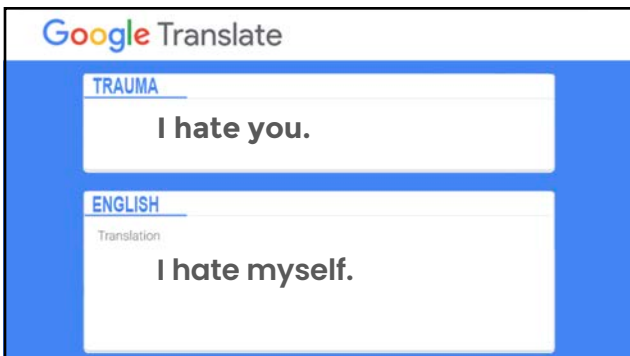
9



10



11



12

Google Translate

TRAUMA

You're really pissing me off!

ENGLISH

Translation

I need you to know that I'm about to lose it!

13

Google Translate

TRAUMA

This assignment is stupid.

ENGLISH

Translation

I feel stupid and this assignment is only going to make me feel more stupid.

14

Google Translate

TRAUMA

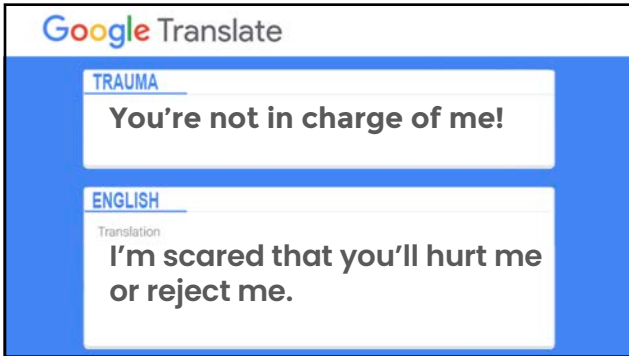
She gets on my nerves!

ENGLISH

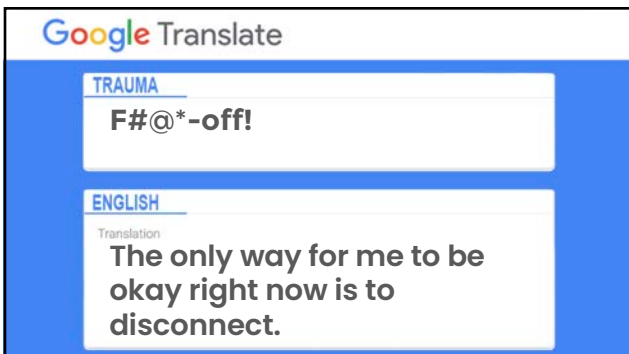
Translation

My nervous system is overwhelmed.

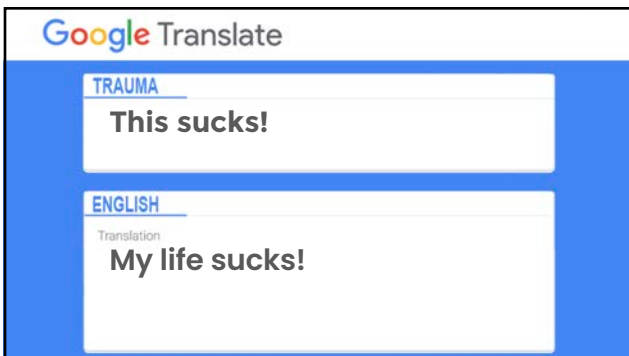
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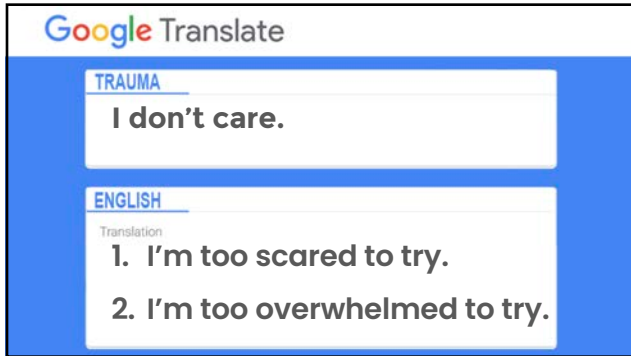
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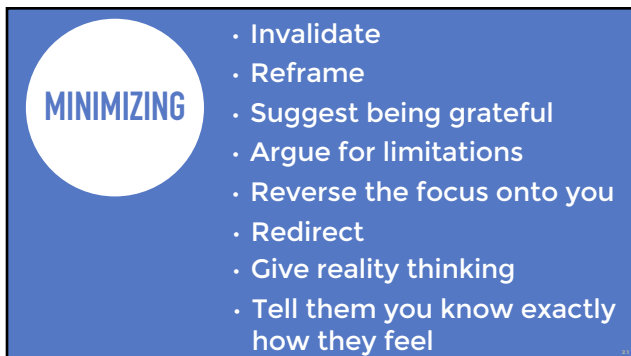
18




19



20



21



MAXIMIZING

- Validate
- Ask for more details
- Agree with their feelings
- Give permission to feel exactly how they feel
- Relate but not exactly
- Encourage to go deeper
- Join them in their pain

22

**BILLY ALWAYS INTERPRETS
LIFE THROUGH A LENS OF
FEAR
ALWAYS.**

23

**LENS OF
FEAR**

- “Something bad is going to happen.”
- “You’re against me.”
- “I’ll abandon you before you abandon me.”
- “If I don’t win, I’m going to die.”

24

LENS OF
FEAR

- “I can’t trust you. EVER.”
- “I’m not worthy.”
- “I am supposed to suffer and struggle.”
- “The world is too unsafe. I’ll stay in my own reality.”


25



THE LANGUAGE OF TRAUMA

1. You have to get into your heart. See past their armor.
2. Do NOT try to fix the student, the problem, or the situation in the moment.
3. We aren’t here to stop their emotions; we are here to help them learn how to integrate their emotions.
4. Translate Trauma into English.

26



5. Teach the life lesson later (Domain 5).
6. Maximize their struggle.
7. Safety comes through having a **voice**.
8. Dance with their struggle in the moment.
9. Discipline and empower later.
10. Trust in the process.

27
