








Creating Safe Classrooms for Trauma-Affected Students

By Mirjami Junnikkala

Course details

-  One week course
-  Starting from 480€ (Cultural activities included)*
-  Min. 4 - max. 14 participants
-  Certificate of attendance included (80% of attendance required)
-  Available in Copenhagen, Dublin, Helsinki, Madrid and Vienna

* A 60 € late registration fee will be applied if you register less than 8 weeks before the course start date.

Course description

How can a trauma-affected child be taken into account at school? What can an individual do?

In recent years, many educators have been thinking about how to support trauma-affected children and young people. In this course, you will get concrete tools on how to face these students and strengthen them.

School plays a significant role in the survival of a traumatized child. School provides a safe place where children can live their normal everyday lives with other children and young people.

However, encountering a traumatized child evokes strong emotions in adults, you may feel helpless and insecure when dealing with trauma-affected students.

In this course, you will strengthen your professional competencies to work with these students.

Also, it is important for you to take care of yourself and strengthen the positive and joyful things that exist in your life. Therefore, the course also aims to strengthen the sense of hope and gratitude.

By the end of the week, you will learn what crises and traumas mean, how trauma and stress affect a child, and how to deal with traumatized children and young people.

The course focuses on how to create a trauma-informed strength-based classroom and what it means to be a safe teacher. Trauma-informed approaches can be enhanced by focusing on identifying and cultivating students' strengths.

Course code CLA.1.TRA - <https://www.teacheracademy.eu/course/trauma-affected-students/> - Last update 17/01/2024

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By the end of the course, you'll learn what the character strengths are, and how to recognize, nurture, and use them to make students more resilient!

In this course, you will take away concrete ways and practical tools to create a classroom that supports healing and well-being!

Learning outcomes

The course will help the participants to:

- Gain knowledge about types of trauma and the impact of trauma;
- Know the key factors of a trauma-informed classroom;
- Learn practical strategies for creating a supportive learning environment including those who come from the most complex backgrounds;
- Get ideas and strategies to create classroom environments where pupils can heal and grow;
- Feel more confident in working with trauma-affected children.

Tentative schedule

Day 1 – Introduction to the course

- Introduction to the course, the school, and the external week activities;
- Icebreaker activities;
- Presentations of the participants' schools.

Introduction to the topic

- Trauma and crises, what are they;
- Types of trauma.

Day 2 – Understanding trauma

- The effects of stress and trauma in the classroom;
- The window of tolerance;
- Unmet needs.

Day 3 – Out tools and ways to help

- Principles of a trauma-informed classroom;
- Self-regulation and co-regulation;





- Building resilience.

Day 4 – Strength-based approach

- VIA character strengths;
- Identifying, nurturing, and celebrating character strengths;
- Strengths of gratitude and hope.

Day 5 – Looking and moving forward

- Creating plans for the future.

Day 6 – Course closure and cultural activities

- Course evaluation: round-up of acquired competencies, feedback, and discussion.
- Awarding of the course Certificate of Attendance.
- Excursion and other external cultural activities.

*The schedule describes likely activities but may differ significantly based on the requests of the participants, and the trainer delivering the specific session. Course modifications are subject to the trainer's discretion. If you would like to discuss a specific topic, please indicate it at least 4 weeks in advance.

Our courses usually include two cultural activities. Further information is available on the webpage of each course location.

About the provider

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