

Trauma: Awareness, Connection, Healing, and Thriving

This two-hour professional development session provides context, tools, and resources, regarding how adults can understand students' lived, and at times, traumatic experiences. With that knowledge, those who teach, mentor, advise, and coach students, can connect resources that fortify their physiological and psychological needs, and serve them in ways to better ensure they realize their self-actualization.

This session also informs participants of brain development through a neurodevelopmental lens, helps them identify the core strengths of healthy adolescent development, and reviews the Adverse Child Experiences (ACE) Study, and the impact of trauma on brain functioning. Participants will understand the unique vulnerabilities and opportunities that present, during adolescent brain development.

As a result of trauma that young people may endure, this session identifies the importance of adult connections to buffer and support them, such as relational health, which is the number of individuals in a young person's life, and the quality of those relationships within, and outside the home. This also explores the Sequence of Engagement as a framework for supporting young people, and helping them develop a self-care plan to support resiliency and personal well-being. Finally, as a culmination of traumatic experiences, and how to employ tools to enhance lives in spite of those experiences, participants will explore the concept of Healing-Centered Engagement to support a culture of healing for young people.

Participants will also learn how to navigate the multitude of resources available to students. In doing so, they can help young people envision a life of hope and opportunity, as they become aware, explore, plan, and execute their postsecondary education and career pathways.

Throughout the session, there are reflections, interactive activities, discussions, videos, and takeaways of resources and tools to employ with, and for, young people.