

## Outline

**Trauma in Students: What to Look For**  
Fight, flight or freeze responses: How it manifests in school  
Wired for fear: Impact on the whole child  
ACEs – Adverse Childhood Experiences study and survey  
The role of poverty and mental health challenges

**Trauma Therapy**  
Benefits  
Limitations of the Research  
Potential Risks

**Discipline in a Trauma-Informed Classroom**  
Changing your mindset: Punitive vs. collaborative  
Strategies to foster intrinsic motivation  
3 steps to implement a collaborative approach  
**Case study:** How you respond

**Neuroplasticity: Activities to Establish & Strengthen Neural Pathways**  
Strategies to develop new ways of responding  
Slow down, stop and think  
Respond rather than react  
Social stories

Techniques to incorporate the 4 R's:  
Rhythmic  
Repetitive  
Relational  
Rewarding

**Relationships as a Protective Factor**  
Techniques to form positive relationships and increase students' likeliness to:  
Stay in school longer  
Work harder  
Increase test scores & grades  
Increase their self-confidence

Techniques to help students feel connected to school making them less likely to:  
Smoke or drink  
Have sexual intercourse  
Develop emotional problems  
Experience suicidal thoughts or attempts  
Carry weapons  
Be involved in violence or dangerous activities

**Case study:** Strengths-based, solution-focused approach  
**Mindfulness and Self-Awareness Activities To:**  
Help with transitions  
Reduce impulsive behaviors  
Strengthen empathy, kindness and compassion  
Calm and focus attention

**Social and Emotional Learning Techniques to Increase:**  
Focus and concentration  
Impulse control  
Conflict resolution skills

**Mindful Communication Tools to Improve Student Engagement**  
Lead with presence  
Attention  
Intention

**Mindful Strategies to Increase Connection, Empathy & Community**  
Gratitude  
Heartfulness

**Zones of Regulation to Teach Self-Awareness & Emotional Control**  
Red zone  
Yellow zone  
Green zone  
Blue zone

**Live Webcast Schedule**  
*(Times listed in Eastern)*

**8:00** Program begins  
**11:50-1:00** Lunch Break  
**4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.

## Objectives

Upon completion of this seminar, participants will be able to:

1. Analyze the ways in which poverty and mental health contribute to trauma responses thus informing your approach to working with all students.
2. Determine how trauma impacts a child's development and develop strategies for meeting his or her needs.
3. Explore how exposure to adverse childhood experiences (ACEs) determines the likelihood of developmental trauma and its impact on level of functioning across the lifespan.
4. Establish a collaborative approach to discipline and demonstrate how this fosters intrinsic motivation for behavior change in the child.
5. Practice techniques to establish positive relationships and build trust with hard-to-reach students thus increasing their social and academic success.
6. Explore mindfulness activities that foster student self-awareness, self-regulation and the ability to focus as it relates to impulsive behaviors and attention.

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Wednesday  
March 18, 2020

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A division of PESI, Inc.

Trauma-Informed  
Compassionate  
Classrooms

Strategies to Reduce Challenging Behavior, Improve  
Learning Outcomes and Increase Student Engagement

LIVE VIDEO WEBCAST  
Wednesday, March 18, 2020

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Trauma-Informed  
Compassionate  
Classrooms


Strategies to Reduce Challenging Behavior, Improve  
Learning Outcomes and Increase Student Engagement

- Establish a trauma-informed classroom
- Build trust with your hard-to-reach students
- Meet the social and emotional needs of diverse learners
- Communicate more effectively with challenging students
- Incorporate neuroplasticity with a strengths-based perspective

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# Trauma-Informed Compassionate Classrooms

Strategies to Reduce Challenging Behavior, Improve Learning Outcomes and Increase Student Engagement

As an educator, you are faced with the challenge of meeting the social and emotional needs of all your students. This can be challenging enough with typical learners but it is even more difficult with those who have experienced trauma or have mental health challenges. Students who have experienced trauma often present as difficult to engage and display problematic behavior such as a low frustration tolerance, angry outbursts or difficult social relationships. These behaviors all get in the way of the teaching and learning. When a student has experienced trauma, he/she often spends much of the day in fight/flight/freeze mode which limits their capacity to learn. Their outwardly aggressive and irritable behaviors also disrupt the flow in the classroom, requiring your time and attention. Despite the amount of time you invest in behavior charts or incentives for good behavior, traditional behavioral approaches to classroom management and a punitive approach to discipline simply are not effective.

**Join Julianna Elsworth, MSW, LCSW, and learn how a trauma-informed approach will greatly reduce challenging behavior, improve student engagement and increase learning outcomes.** Leave this seminar with new strategies, tools and resources to reduce students’ impulsiveness, aggressive behaviors and inattention and increase their focus, attention and compassion. While this positive approach is absolutely essential for students with trauma, it will also greatly benefit each and every student in your classroom. Return to your school with:

- Research-based practices to establish a trauma-informed classroom
- A plan to develop positive relationships and build trust with your hard-to-reach students
- Proven techniques for communicating more effectively and collaboratively with challenging students
- Cognitive skill-building strategies which incorporate the science of neuroplasticity and the strengths-based perspective of neurodiversity

## Speaker

**Julianna Elsworth, MSW, LCSW,** has dedicated her career as a psychotherapist, educator, and advocate to individuals who have endured trauma. She has extensive experience educating professionals who work with trauma survivors, including providing agency wide residential treatment trainings and for teachers in the Syracuse City School District. Julianna has worked in numerous settings across the social work field, including psychiatric inpatient hospitals, adolescent residential treatment, and as an adjunct professor for the MSW program at Syracuse University.

Julianna works with children, adolescents, adults, and families as an outpatient private practice therapist in Charlotte, NC. Her specialties include complex trauma, sexually reactive behaviors in childhood, depression, anxiety, behavioral problems, and high conflict families. Julianna is knowledgeable, likable, and engaging and relates to her clients and audiences in a personable, direct and compassionate manner. She is an expert at taking evidenced-based practices and implementing them into creative and functional interventions that get results and promote positive client outcomes.

**Speaker Disclosure**  
Financial: Julianna Elsworth has an employment relationship with Calming Waters Counseling Services. She receives a speaking honorarium from PESI, Inc.  
Non-financial: Julianna Elsworth has no relevant non-financial relationship to disclose.



**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a self-study package on the subject (CE credits may be available), a certificate to attend another live webcast, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

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**Have a seminar idea? A manuscript to publish?** The nation’s top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Marnie Sullivan at [msullivan@pesi.com](mailto:msullivan@pesi.com) or call 715-855-8226.

# Live Video Webcast Details

**Join us on March 18, 2020, for this live, interactive webcast!**

Invite your entire organization and, like a live seminar, “attend” the webcast at its scheduled time. It’s easy and convenient!

Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker and watch the slides all on your computer screen. Seminar materials are available for download.

One CE Certificate is included. Only \$49.99 per CE Certificate for each additional participant.

**It’s easy and convenient!**

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## Questions?

Visit [pesi.com/faq](http://pesi.com/faq) or contact us at [pesi.com/info](http://pesi.com/info).

## WEBCAST CONTINUING EDUCATION CREDIT INFORMATION

*Credits listed below are for full attendance at the live webcast only. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$49.99 USD per participant. Please see “live webcast schedule” for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.*

*If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.*

*Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.*

*PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.*

**Counselors:** This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**Educators/Teachers:** This activity qualifies for 380 minutes of instructional content as required by many national and state licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

**Nurses, Nurse Practitioners, and Clinical Nurse Specialists:** PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

**Occupational Therapists & Occupational Therapy Assistants:** PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

**Psychologists/School Psychologists:** PESI, Inc. is approved by the National Association of School Psychologists to offer professional development for school psychologists. PESI maintains responsibility for the program. Provider #1140. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

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EDUCATION  
AMERICAN SPEECH-LANGUAGE-HEARING ASSOCIATION

PESI, Inc. is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

**Speech-Language Pathologists:** This course is offered for .6 ASHA CEUs (Intermediate level, Professional area).

\*\* Please note that Speech-Language Pathologists must complete the post-test and evaluation within two weeks of attending the live event if they would like their participation submitted to the ASHA CE Registry. Detailed instructions will be provided the day of the program under the Handouts section of the online program. \*\* Please note that Speech-Language Pathologists who participate in the live webcast will be required to complete additional steps if they want their participation submitted to the ASHA CE Registry. Detailed instructions will be provided the day of the program under the Materials Section of the webcast.

**Social Workers:** PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2020 - January 27, 2023. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

**Other Professions:** This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

Please visit [pesi.com/webcast/82780](http://pesi.com/webcast/82780) for state-specific CE language.

# Trauma-Informed Compassionate Classrooms

Strategies to Reduce Challenging Behavior, Improve Learning Outcomes and Increase Student Engagement

## HOW TO REGISTER

**1 Please complete entire form with participant (or registrant) information** (to notify you of seminar changes); *please print; staple duplicate forms.*

**Mail Code:** \_\_\_\_\_  
*See mail code box on address panel on reverse side*

E-mail address \_\_\_\_\_  
*\*Email required to receive registration confirmation, CE certificate, and/or digital product.*

Name \_\_\_\_\_ Profession \_\_\_\_\_

Employer Name \_\_\_\_\_

Employer Address \_\_\_\_\_

Dept/Floor/Suite \_\_\_\_\_

City \_\_\_\_\_ County \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Home/Cell Ph ( ) \_\_\_\_\_

Dept. Ph ( ) \_\_\_\_\_

**2 Webcast Information:**

Webcast starts at 8am Eastern time

☐ **March 18, 2020** PWZ77730

**Register Now: [pesi.com/webcast/82780](http://pesi.com/webcast/82780)**

**3 Check tuition:**

☐ **\$219.99** standard tuition  
(plus applicable tax in HI, NM) Tuition includes downloadable manual

☐ **\$20.00** IL ISBE Certificate Processing Fee  
*For more information on this fee contact [cepesi@pesi.com](mailto:cepesi@pesi.com)*

**4 Indicate method of payment:**

**ALL REGISTRATIONS MUST BE PREPAID.**  
**Purchase orders welcome (attach copy).**

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**ADA needs:**  
We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

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**Questions?**  
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**Trauma-Informed Compassionate Classrooms**

— **Online Digital Seminar\***  
\$219.99 (POS053350)  
(Email required)  
— **Seminar on DVD\*\***  
\$219.99 (RNV053350)

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