

Trauma



Trauma Informed Practice SD75

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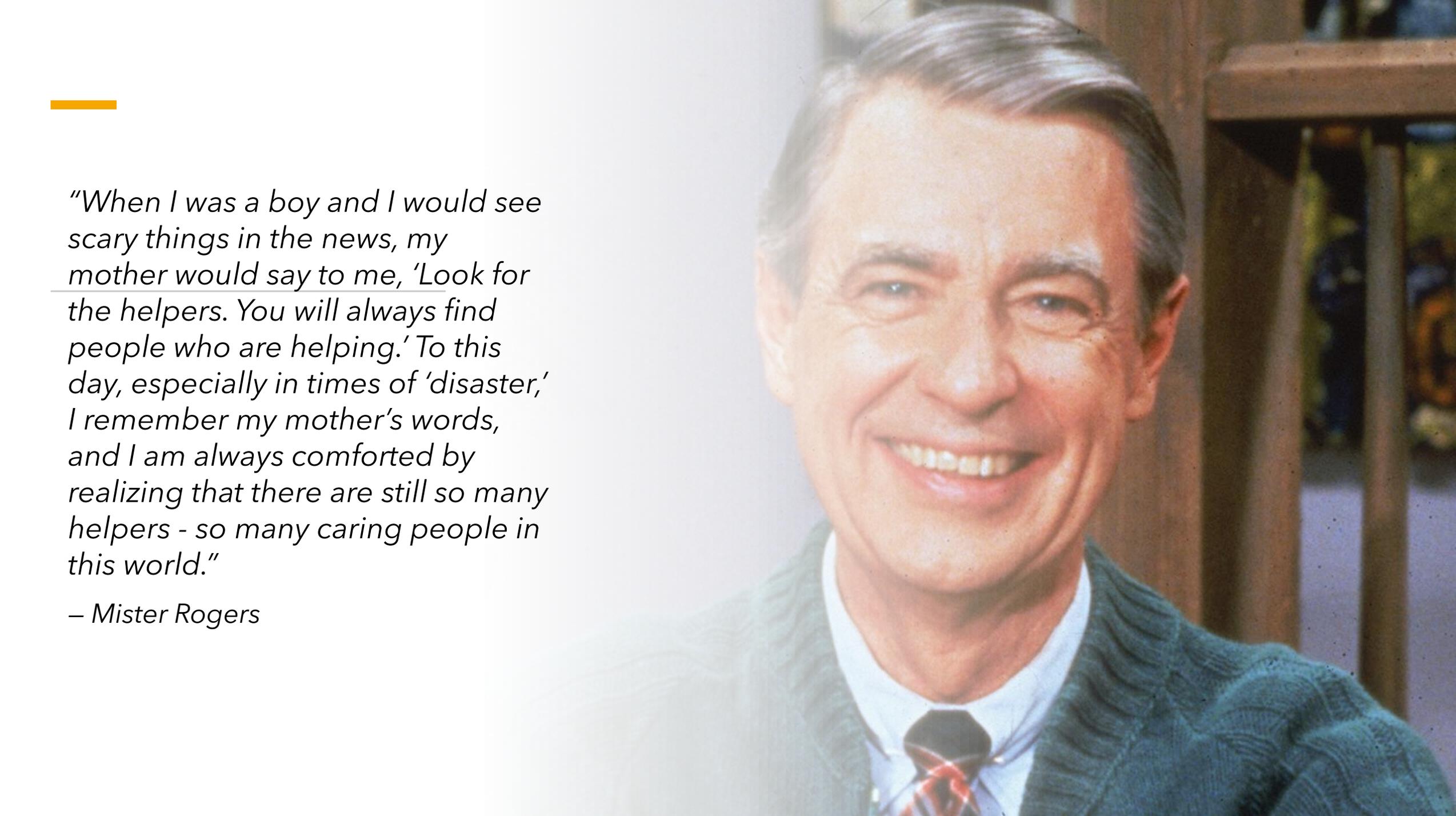
Image with no source: www.stolonation.bc.ca

We acknowledge that, as learning partners of Mission Public School District, we humbly work and learn on the Traditional, Ancestral, Unceded, and Shared lands of the Stó:lō people, of Qwó:ltl'el, Leq'á:mel, Matheqwí, and Sq'éwlets.

The Stó:lō people are the people of the river and have lived in the Fraser Valley for over 10,000 years. We believe that acknowledging the traditional territory is a way to honor and show respect to the original people of this land.

Self-Care



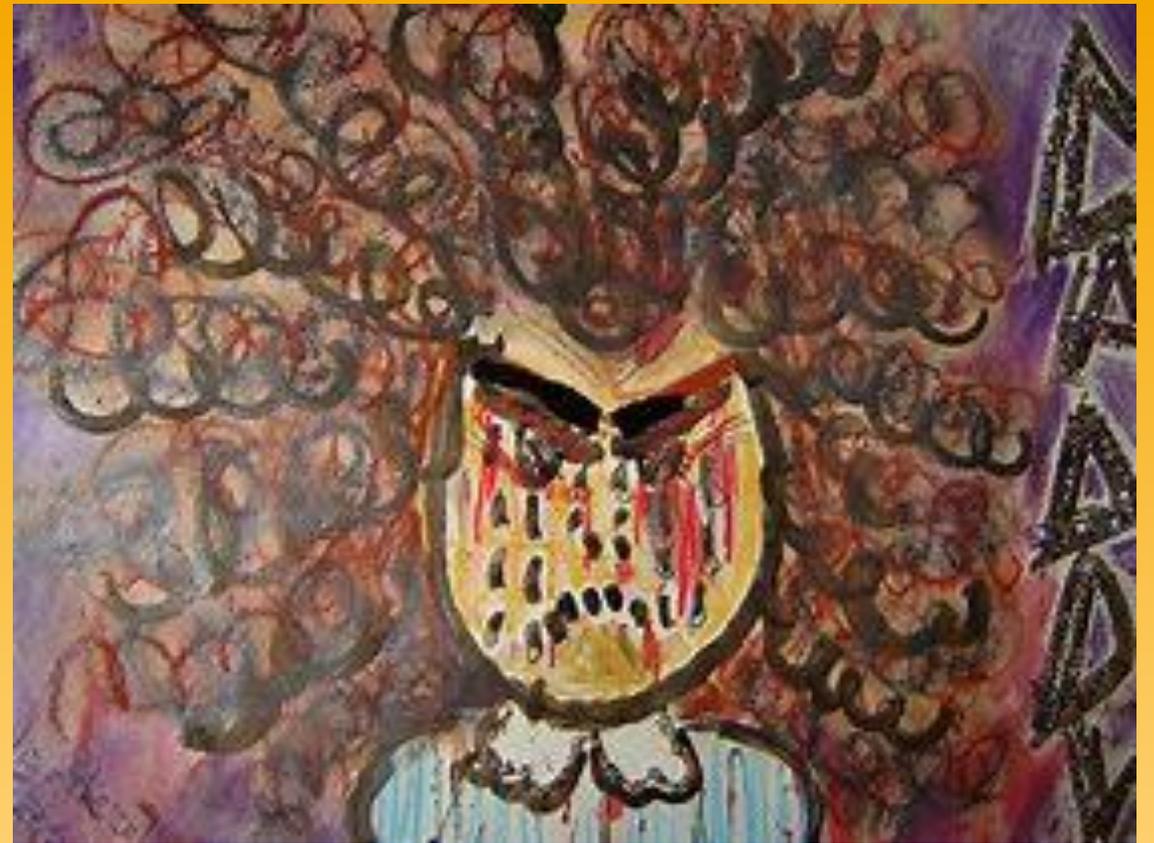


“When I was a boy and I would see scary things in the news, my mother would say to me, ‘Look for the helpers. You will always find people who are helping.’ To this day, especially in times of ‘disaster,’ I remember my mother’s words, and I am always comforted by realizing that there are still so many helpers - so many caring people in this world.”

– Mister Rogers

Trauma - what is it?

A deeply distressing event that goes **beyond** our ability to cope.



ACUTE



CHRONIC



COMPLEX

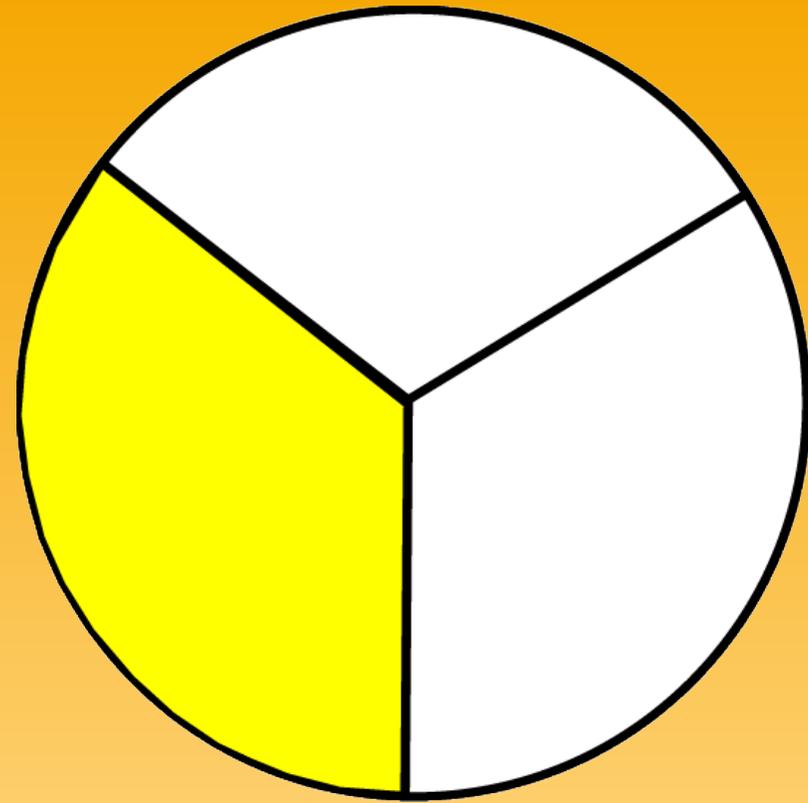


HISTORICAL



VICARIOUS

How Common is Trauma in Schools?

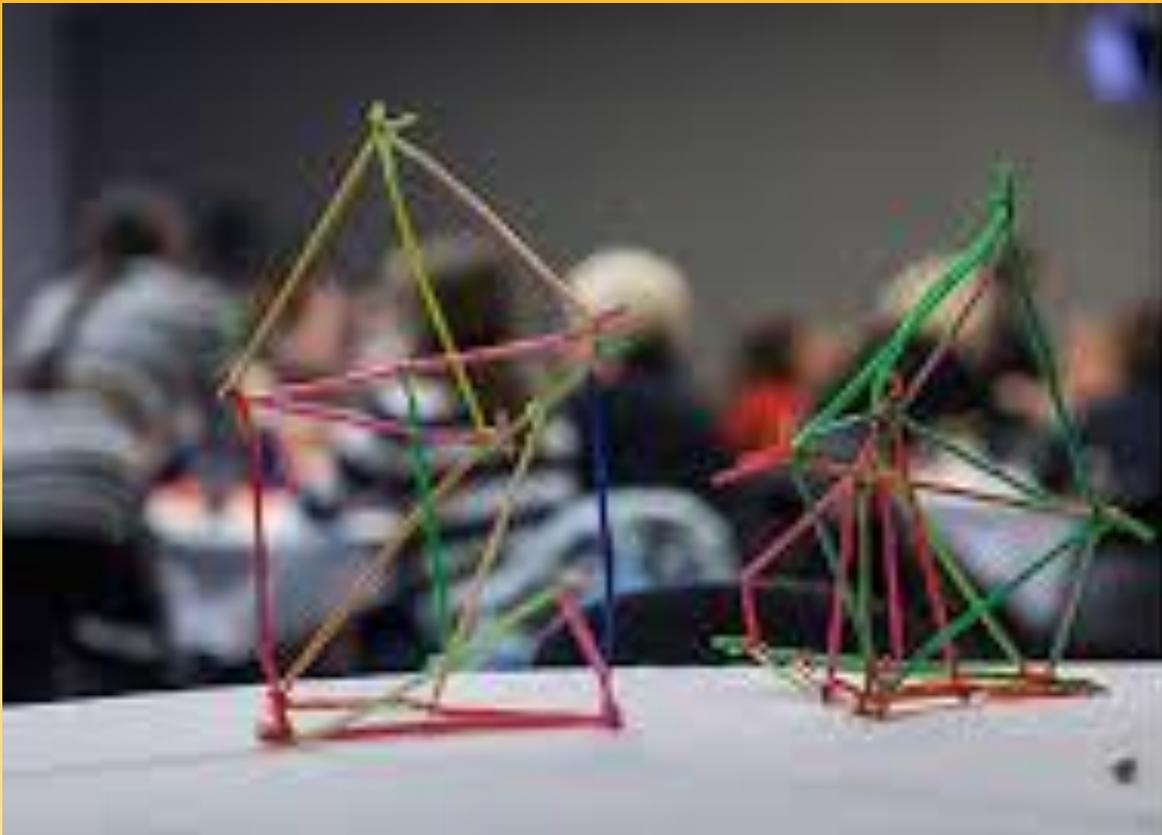


Trauma wounds the developing brain, flooding it with hormones that create problems for memory, emotional regulation and learning.

Trauma Informed Schools



The Brain Architecture Game





VIDEO: <https://dev.thebrainarchitecturegame.com/media-resources/>



Brain Architecture Game Teaches ...

- Genetic Factors (roll of the dice)
- Toxic vs Tolerable vs Positive
- Power of Supportive Relationships.

The Game as a Gateway -

- **Foster Conversations**
 - Building Trauma Informed Practice in Classrooms & Schools
- **CCI - Trauma Assessment and Intervention Training**
 - Dr. Chuck Geddes / Dr. Angela Murphy
- **PEACEFUL Schools** - targeted interventions





Thank You

