



# Trauma-Informed Education

## *Navigating the Storm*

### *Training for School Staff*



**Childhood trauma is common, worldwide and in Aotearoa New Zealand, and has a devastating and long-lasting effect on the development of tamariki, their whānau, and for society in general.**

School staff and school leaders can make a difference for vulnerable ākongā when they have the knowledge and skills on how to support them.

This evidence based one-day-training aims to improve staff confidence on how to make sense of tamariki's and caregiver's behaviour and how to provide a reflective response.

#### **The main themes covered:**

- Understanding complex trauma including intergenerational trauma
- The impact of adverse childhood experiences on brain development and behaviour
- The importance of cultural sensitivity for trauma-informed education
- Optimising learning potential through building safe and predictable relationships
- Understanding practical regulatory skills that can help to calm the nervous system
- Maintaining well-being for educators and other support professionals

The training is delivered by Dr. Josette Wulffaert, Clinical Psychologist/PhD who has over 18 years of experience in providing training as well as providing psychotherapy for children, adolescents and adults/parents who have experienced complex trauma.

#### **Workshop Details:**

**Time:** 9.00am - 3.00pm (with morning tea and lunch breaks)

**Cost:** \$2,700 + gst

Plus travel cost charged at \$0.95c per km from Golden Sands, Pāpāmoa. If you are within a 20km radius of Golden Sands, there is no travel fee.

**Contact Josette:** Please phone or email to book or contact Josette for more information.