



The Classroom180 Framework answers the essential question, "What is a trauma-informed classroom?" Through extensive research, field study and personal experiences, Heather Forbes shares a comprehensive set of components and criteria divided into 5 domains. Learn how to create, sustain & assess trauma-informed classrooms.

## The Classroom180 Track

**1. 180-Introduction to the Classroom180 Framework**

*Course Length: 1 hour  
Course Code: Template180.0*

**2. 180-D1: Relationships and Family Culture**

*Course Length: 2.5 hours  
Course Code: Template180.1*

**3. 180-D2: Regulation**

*Course Length: 3 hours  
Course Code: Template180.2*

**4. 180-D3: Language of Trauma**

*Course Length: 2.5 hours  
Course Code: Template180.3*

**5. 180-D4: Safety**

*Course Length: 3 hours  
Course Code: Template180.4*

**6. 180-D5: Discipline and Empowerment**

*Course Length: 3 hours  
Course Code: Template180.5*

# The Trauma-informed Online Academy



## Basic Track

[View course outline](#)

TRAUMA 1

**ACEs and Trauma Awareness**

TRAUMA 2

**Dysregulation**

TRAUMA 3

**Don't React, Respond!**  
(elementary & secondary versions available)

TRAUMA 4

**Just Breathe: Practical Self-Regulation Strategies**

TRAUMA 5

**Scenarios**  
(elementary & secondary versions available)



## Advanced Track

[View course outline](#)

TRAUMA 6

**Restorative Justice – Responsibility, Healing and Hope**

TRAUMA 7

**Circle Up for Conflict Resolution**

TRAUMA 8


**Transforming Your Environment**

TRAUMA 9

**Communicating & Connecting**

TRAUMA 10

**Understanding Violent Behavior**



## Administrator Track

[View course outline](#)

TRAUMA-ADMIN A

**Becoming Trauma-Aware**

TRAUMA-ADMIN B

**Preparing for Change**

TRAUMA-ADMIN C

**Changing School Culture**

TRAUMA-ADMIN D

**Developing Staff & Skills for Intervention**

TRAUMA-ADMIN E

**Moving Forward as a Trauma-Informed School**



## Parent Track

PARENTS 1

**Help for Billy**

PARENTS 2

**Parenting Beyond Consequences, Logic & Control**

PARENTS 3

**Families in Conflict**




## School Support Track

TRAUMA SUPPORT 101

**Culture of Kindness**

TRAUMA SUPPORT 102

**Communication Shifts**



## Classroom180 Track

INTRODUCTION

**Classroom180 Framework Overview**

DOMAIN 1

**Family Culture & Relationships**

DOMAIN 2

**Regulation**

DOMAIN 3

**Language of Trauma**

DOMAIN 4

**Safety**

DOMAIN 5

**Discipline & Empowerment**

## DISCIPLINE and EMPOWERMENT

20. Regulatory Based Discipline
21. Consequences with Relational Support
22. Repair and Healing
23. Developmental Deficits
24. Grades
25. Social-Emotional Learning
26. Self-Image and Identity Development
27. Reflection and Ongoing Growth

## RELATIONSHIPS and FAMILY CULTURE

1. Family Culture
2. Teacher-to-Student Relationships
3. Student-to-Student Relationships
4. Teacher-to-Parent Relationships

## SAFETY

17. Universal Safety Practices
18. Identification of Individual Safety Issues
19. Moment of Crisis

## REGULATION

5. Physical Environment
6. Universal Proactive Strategies
7. Transitional Support
8. Individual Interventions
9. Awareness, Openness, and Empathy
10. Window of Stress Tolerance
11. Teacher Self-Regulation

## LANGUAGE OF TRAUMA

12. Communication Shift
13. Right-Brain to Right-Brain De-Escalation
14. Affect Tolerance
15. Nonverbal Communication
16. Positive Language

