The Trauma-Informed Online Academy

School-Wide Trauma Training

“One and done trainings just aren’t enough to create real change in our schools.

That’s why I’ve put so much time and energy into working with Educational Impact to develop over 55 hours of online video programming and courses for school-wide implementations.

Now you can get everyone on the same page.”

Heather T. Forbes, LCSW
Heather T. Forbes, LCSW, is the co-founder and owner of the Beyond Consequences Institute in Boulder, Colorado. Forbes has worked in the field of trauma and healing since 1999. Coming from a family of educators, Forbes has a heart for children in the classroom and for finding ways to teach the child who seems “unteachable.” Her signature style is to bridge the gap between scientific research and real-life application to equip parents, educators and therapists with practical and effective tools.

She is an internationally published author on the topics of raising children with difficult and severe behaviors, the impact of trauma on the developing child, adoptive motherhood and self-development. In her best-selling book, *Help for Billy*, parents and educators are provided with essential methods for managing the classroom behavior of the child with complex trauma. An online version of *Help for Billy* is now included in the Trauma-informed Online Academy.

Forbes’ sold out Trauma-informed School Conferences (TISC) continue to inspire and empower educators to connect and respond to trauma-impacted children. To increase access to such motivating content, Educational Impact’s video crew have filmed many of the break-out sessions from the TISC conferences. These videos are an integral part of the Trauma-informed Online Academy.

Learn more online
www.beyondconsequences.com
www.traumainformedonlineacademy.com
www.educationalimpact.info/trauma
Renowned trauma expert, **Heather T Forbes, LCSW**, has created a series of powerful online resources hosted on Educational Impact’s learning management system.

The Trauma-Informed Online Academy includes:

- Video Library: 50+ hours of video content packed with strategies
- Online courses for ALL staff: Basic Track, Advanced Track, Administrator Track, Parent Track and School Support Track
- Differentiated and self-paced learning
- Certificates of completion

**LEARN ALL YEAR LONG!**

Included in your Annual School Subscription:

Unlimited user ID’s for all staff
- *Teachers*
- *Administrators*
- *Substitute teachers*
- *Paraprofessionals*
- *Support staff (bus drivers, cafeteria workers, office administration, custodial staff, etc.)*

- 15 additional ID’s for parents who are currently dealing with trauma in their families.
- Quick start implementation planning session for group leaders (via webinar/conference call)

“I was shocked at the affordability, accessibility and ease of use. I’ve gone through the entire program this summer and cannot wait to get started with teachers.”

Dr. Susie Meade, Superintendent, Winterset Community School District (IA)

**Order Today!**

Your username/password will be emailed to you within 1-3 business days.

info@educationalimpact.com
www.educationalimpact.com
www.TraumaInformedOnlineAcademy.com

1.800.859.2793
Help for Billy LIVE!
4.5 VIDEO HOURS
Based on Heather Forbes' best selling book, Help for Billy, this video program summarizes the key ideas and brings them to life. Watch Heather’s Help for Billy workshop to extend your learning about how a trauma-informed approach will help you meet the educational needs of your most challenging students. Heather affectionately refers to these students as the "Billy’s" of the classroom and helps you to gain the foundational understanding of why and how we need to respond to these students differently.

Families in Conflict - Family Scenarios
2 VIDEO HOURS
Are you overwhelmed by the challenges of raising your child? You're not alone. This ground-breaking program offers numerous dramatizations including children endlessly arguing about everything, managing sibling harassment, saying no to your child, coping with tempers, confronting a child about poor grades, keeping cool and more. Learn effective intervention strategies by observing unproductive and productive approaches unfold.

Parenting the Difficult Child
5 VIDEO HOURS
Based on the book, Beyond Consequences, Logic and Control, learn about a scientifically based model for parenting to help families find the healing that they have been looking for after years of trying everything. In this popular video program, learn about parenting with acceptance, the negative loop of trying to change behavior and how to start over by asking the right questions.
In the heat of the moment, will you know how to respond when a student...

- is seeking attention and disrupting the class?
- becomes aggressive?
- does not cooperate when asked to put a phone away?
- runs out of class?

Filmed on location in Missouri schools, dramatizations show both the unproductive and the productive trauma informed approach to intervening in difficult situations like these and many more. Extensive commentary from Heather Forbes accompanies each scenario to debrief and analyze classroom strategies. Elementary and secondary examples are provided to ensure all staff know what to do and what NOT to do.
Online Courses are engaging and interactive. They include:

- Video content from Educational Impact’s Heather Forbes Series
- Articles and videos from other research-based sources
- Reflective writing, assessments and discussion boards

The Basic Track (courses 1-5) helps schools grow from “trauma-aware” to “trauma-informed”. Build a common understanding of trauma and acquire foundation skills by following a step-by-step training sequence.

**TRAUMA 1: ACES and Trauma Awareness**
*Course Length: 2.5 hrs  Template Code: template120*

In this introductory course, the focus will be on building your awareness around trauma. You will learn from Heather Forbes as she explains adverse childhood experiences and the impact on brain development, relationships and learning. Being trauma-aware helps you change the way you interact and respond to your most challenging students.

**TRAUMA 2: Dysregulation**
*Course Length: 3 hrs  Template Code: template123*

Build knowledge and skills necessary for trauma-informed care through a new understanding of the different states of regulation. You will learn how a person's state of regulation affects their ability to communicate effectively and function properly. You will also learn valuable classroom techniques that you can apply to help shift both your students' and your own state of regulation.

**TRAUMA 3: Respond, Don’t React!**
*Course Length: 2.5 hrs  Template Code: template122.1 (Elementary)  template122.2 (Secondary)*

Continue to build knowledge and skills around the difference between reacting to students and responding to them. You will learn about taking a relationship based approach instead of a disciplinary approach. You will also begin to apply your newly gained knowledge by looking at scenarios that depict real classroom situations.

**TRAUMA 4: Just Breathe - Practical Self-Regulation Strategies**
*Course Length: 2.5 hrs  Template Code: template126*

Mindfulness means paying attention on purpose in the present moment. Both teachers and students need to learn how to incorporate strategies to help them be aware of their own state of mind, identify their own triggers and understand how to return to a state of regulation. In this course, you will learn about the practice of mindfulness and the impact and benefits of a mindfulness practice.

**TRAUMA 5: Scenarios**
*Course Length: 2.5 hrs  Template Code: template127.1 (Elementary)  template127.2 (Secondary)*

In this course, you will take what you have learned so far and apply your knowledge and determine the best ways to deal with issues in the classroom. You will view life-like classroom scenarios that show both the unproductive and productive versions of situations you might face in the classroom. These scenarios will give you a window into the classroom of other teachers to see how you can best apply trauma-informed practices with your students.
ONLINE COURSES

The Advanced Track (courses 6-10) is designed for differentiated professional learning. Go in depth to explore practical strategies for resolving conflict and building a school wide trauma-informed culture.

TRAUMA 6: Restorative Justice – Responsibility, Healing and Hope
Course Length: 2.5 hrs  Template Code: template140
In schools, overreliance on punitive strategies like suspension or expulsion isn't working. It's time to take a different approach. In this course, you will learn about restorative justice and how it brings together persons harmed with persons responsible for harm in a safe and respectful space, promoting dialogue, accountability, and a stronger sense of community.

TRAUMA 7: Circle Up for Conflict Resolution
Course Length: 1.5 hrs  Template Code: template141
Has your classroom ever been disrupted by students arguing or maybe even a physical altercation? Unless they are taught from an early age, children do not always know how to resolve conflicts appropriately. School staff often feel ill equipped to help students work through issues. This course will teach you about identifying triggers, classroom meetings, and community circles to help you model conflict resolution.

TRAUMA 8: Transforming your Environment
Course Length: 1.5 hrs  Template Code: template142
Whether students are feeling overwhelmed, dysregulated, or just not focused, the way we set up our classroom can have a big impact on students' ability to learn. This course will look inside trauma-informed schools, classrooms, safe spaces, peace corners and chill rooms.

TRAUMA 9: Communicating and Connecting
Course Length: 3 hrs  Template Code: template143
Sometimes just a simple change in tone or body language is all that's necessary to make a positive connection with others. In this course, you will learn strategies and tips that will create subtle shifts in your communication style that will prompt shifts in your students' abilities to communicate as well.

TRAUMA 10: Understanding Violent Behavior
Course Length: 1.5 hrs  Template Code: template144
As a trauma-informed teacher, you are learning how to work with students to build relationships, maintain regulation, adopt mindfulness and be accountable. However, students who have been predisposed to violent behavior will not easily make the changes we see in other students. This course will teach you about how adverse early life experiences can result in violent behavior and how to navigate when you have this type of student in the classroom.
Online Courses

The Administrator Track helps administrators create and lead trauma-informed schools. It includes practical implementation steps, ideas for gaining buy-in and strategies for engaging students, parents and the community.

TRAUMA-ADMIN A: Becoming Trauma-Aware
Course Length: 2.5 hrs  Template Code: template128

In this introductory course, the focus will be on building your awareness around trauma. You will learn from Heather Forbes as she explains adverse childhood experiences and the impact on brain development, relationships and learning. Being trauma-aware helps you change the way you interact and respond to your most challenging students.

TRAUMA-ADMIN B: Preparing for Change
Course Length: 2 hrs  Template Code: template129

Build knowledge and skills necessary for trauma-informed care through understanding the different states of regulation. You will also learn the value in making sure your staff feels supported, understands the importance of self-care, and how to build an empowered trauma-informed community. This transition is by no means easy or quick, but it is so worth the effort it takes to get there.

TRAUMA-ADMIN C: Changing School Culture
Course Length: 4 hrs  Template Code: template130

Begin planning and taking action to effect the change and integration necessary to becoming a trauma-informed school. In this course, you will evaluate your school climate, culture and policies. Learn how to integrate strategies for staff support, screening and crisis management.

TRAUMA-ADMIN D: Developing Staff and Skills for Intervention
Course Length: 2.5 hrs  Template Code: template131

The journey to becoming trauma-informed is not an overnight process. Creating a leadership team will make a huge difference and allow you to get your entire staff moving and implementing new beliefs and skills. Learn how to implement a school-wide training plan that ensures common baseline knowledge and differentiated learning opportunities.

TRAUMA-ADMIN E: Moving Forward as a Trauma-Informed School
Course Length: 2 hrs  Template Code: template132

The final stage for trauma-informed schools requires all stakeholders; students, staff, parents and the community. This course will start with ideas for engaging students and teaching them about stress and importance of self-regulation. Then you will explore strategies for gaining parent buy-in. Finally, you will discover how building community partnerships can greatly benefit your trauma-informed school initiative.
The **Parent Track** is designed to support families in their day-to-day interactions with the children in their homes who are trauma-impacted. It utilizes videos from the Heather Forbes Series highlighting scenarios, role plays and tips for parents.

**PARENTS 1: Help for Billy**  
*Course Length: 7.5 hrs  Template Code: template115*

Using the videos from Heather’s “Help for Billy” workshop, course assignments, discussion boards and reflective writing activities have been created to help families deepen their understanding of adverse childhood experiences (ACES) and their impact on brain development, coping strategies, communication skills, problem solving and school success.

**PARENTS 2: Parenting Beyond Consequences, Logic and Control**  
*Course Length: 8 hrs  Template Code: template94*

Are you overwhelmed by the challenges of raising your child? You’re not alone! In this course, you will listen in on a parenting workshop that focuses on helping you create a sustainable relationship with your child and reduce the stress in your home. Explore how to go beyond consequences, logic and control. As part of this curriculum, you will be learning how important it is for you to stay regulated during the most difficult times with your children. This online multi-media course was designed by renowned trauma expert, Heather Forbes, LCSW. You will gain practical insight as you watch her videos, observe role plays and hear from other parents as they discuss their biggest frustrations, fears and concerns. Work at your own pace and take the time to apply what you hear and see to your own family situation.

**PARENTS 3: Families in Conflict**  
*Course Length: 2 hrs  Template Code: template134*

This course will teach you strategies and methods to work with your dysregulated child while maintaining your own state of regulation. Observe video dramatizations showing common scenarios like managing sibling harassment, saying no to your child, coping with tempers, confronting a child about poor grades, keeping cool and more. After you watch the video dramatizations, you will be challenged to identify triggers that caused the interaction to go awry. Then you’ll observe the same scenario come to a more productive resolution. Gain real-life strategies you can apply in your home to help you improve the way you respond and communicate with your children.
The **School Support Track** is a condensed online training designed for non-teaching staff. It recognizes the important role that is played by each and every adult who interacts with students; bus drivers, janitorial staff, office administration, cafeteria workers, playground supervisors, etc. Creating a trauma-informed culture requires a school-wide paradigm shift.

**TRAUMA SUPPORT 101: Culture of Kindness**

*Course Length: 1.5 hrs  Template Code: template148*

To create a culture of kindness, we need everyone’s help. Every adult who interacts with our students can do the little things to support their social, emotional and academic growth. When students are in a positive, kind and encouraging environment, everyone benefits. Some students are harder to reach. Adverse childhood experiences impact children’s development in all areas. This course is designed for all school support staff as an introduction to some key terms and concepts around trauma-awareness in schools. Get inspired to find every opportunity to make a positive impact on the children you see every day.

**TRAUMA SUPPORT 102: Communication Shifts**

*Course Length: 1.5 hrs  Template Code: template149*

When interacting with students with challenging behaviors, a simple change in tone or body language is all that’s necessary to make a positive connection. This course will walk you through small, but significant, changes in communication that will make a drastic difference in the way you connect with students, and students connect with you. Through brief and practical videos, Heather Forbes will help develop your understanding of the language of trauma so you can better understand what is happening with some of our most challenging students.

*School-wide change means school-wide training.*
IMPLEMENTATION

How It Works
Implementation Steps – easy as 1–2–3

Set Up

- We set up your school, participants and courses.
- We generate log ins for each participant.
- We send each participant a Getting Started email.

Launch

- Log in at your next staff meeting
- Choose a course from the drop down menu. Start an assignment.
- Establish timelines, expectations and schedules for professional learning.

Monitor

- Access reports to check on responses.

“It was so easy to get started. Educational Impact loaded the courses and took care of all staff registrations. Even our volunteers and parents are using the Trauma-Informed Online Academy now. We are so grateful for all we have learned!”

- Springfield Dream Center, MO
“A picture is always worth a thousand words”...and that’s exactly why we have made extensive use of the Educational Impact Trauma Academy in our blended learning sessions. The feedback from St Charles County teachers was unanimous. Once they saw the online video dramatizations and associated commentary, they all gained a true understanding of how to move from theory to practice. It’s really an awesome resource!”

Dr. Gerald L. Cox
Clinical Psychologist
Consultant
Fort Zumwalt, MO

“The summer I was planning on attending an out of state Trauma Informed school conference. However, after checking into the hotel and travel costs along with the conference price, I decided to use Educational Impact’s Trauma Informed Online Academy. Rather than just me attending a conference, I am now able to train the entire staff.”

Principal
Lincoln Elementary School, KS

“It’s been great for our staff to be able to look at the powerful online dramatizations and see the right and wrong way to implement specific trauma-informed strategies.”

James Moffett
Principal
Derby Hills Elementary School, KS

“I loved the videos and the opportunity to read what others are thinking. I have already used the regulated vs. dysregulated just this week!!”

Jennifer G. - DuBray Middle School

“I enjoyed these online resources. The scenarios (productive vs. non-productive) are extremely helpful and easier to visualize than power points or verbal information.”

Carrie B. - Dardenne Elementary School

Order Today!
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