



Educational **Impact**

# The Trauma-Informed Online Academy



School-Wide  
Trauma  
Training

*“One and done trainings just aren’t enough to create real change in our schools. Until now, it’s been a challenge for those who attend a trauma-informed conference to take all their new ideas back to their school system to train their colleagues.*

*That’s why I’ve put so much time and energy into working with Educational Impact to develop over 45 hours of online video programming and courses for school-wide implementations. Now you can get everyone on the same page.”*

Heather T. Forbes, LCSW

# THE TRAUMA-INFORMED ONLINE ACADEMY



Renowned trauma expert, **Heather T Forbes, LCSW**, has created a series of powerful online resources hosted on Educational Impact's learning management system.

## Why?

One and done trainings are not enough to create real change. By following an ongoing training program, your staff will build awareness, sensitivity and the skills needed to help students impacted by **adverse childhood experiences (ACES)**.

The Trauma-Informed Online Academy includes:

- Video Library: 45 hours of video content packed with ideas and strategies
- Online courses for ALL staff: Basic Track, Advanced Track, Administrator Track and Parent Track
- Certificates of completion
- Step-by-step professional development plan



## ANNUAL SCHOOL SUBSCRIPTION

Provide powerful training resources to ensure all staff understand and learn how to work with students who have experienced trauma. **Learn all year long!**

You get

- Unlimited user ID's for all staff  
*(IE: teachers, administrators, substitute teachers, paraprofessionals, bus drivers, cafeteria workers)*
- 15 additional ID's for parents who are currently dealing with trauma in their families.

## Order Today!

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

[info@educationalimpact.com](mailto:info@educationalimpact.com)  
[www.educationalimpact.com](http://www.educationalimpact.com)  
[www.TraumaInformedOnlineAcademy.com](http://www.TraumaInformedOnlineAcademy.com)

1.800.859.2793

# VIDEO LIBRARY

Managing Trauma-Impacted Children

*The Heather Forbes Series*



## [The Trauma Informed Conference "On-Demand"](#)

**25+ VIDEO HOURS**

It would be impossible to bring your entire staff of educators and school personnel to the Trauma-Informed School Conference so we bring it to you! Captured on video are the nation's leading experts on student trauma. These experts and practitioners discuss classroom techniques and administrative policies to help build strong trauma-informed teams.

## [Creating a Trauma-Informed School / Scenarios](#)

**3 VIDEO HOURS**

Filmed on location in Missouri schools, these dramatizations show both the unproductive and the productive trauma informed approach to intervening in difficult situations with students. Extensive commentary from Heather Forbes accompanies each scenario to debrief and analyze classroom strategies.

The **Heather Forbes Series** is located in the Educational Impact Video Library. The following videos are designed and hosted by Heather Forbes. They can be used for staff training, PLC's and parent workshops.

## [Help for Billy](#)

**4.5 VIDEO HOURS**

Learn Heather Forbes' trauma-informed approach so you can meet the educational needs of your most challenging students. You will develop a new understanding of why students do the things they do from a developmental perspective. 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 / Scenarios](#)

**2 VIDEO HOURS**

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**

Are you overwhelmed by the challenges of raising your child? You're not alone. 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.

# ONLINE COURSES

**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.

# ONLINE COURSES



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.

# Reviews

“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

“This 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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