

The Trauma-Informed Online Academy

A Comprehensive Professional Development Program



The premier training program for schools and academic institutions to become trauma-informed.

\$1,750 per school

Unlimited access for all staff members

School-wide training at your fingertips

- 45 hours of online video programming and courses
- 12 month subscription
- Training for teachers, paraprofessionals, support staff, administrators and parents

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

- Heather T. Forbes, LCSW





The Trauma-Informed Online Academy



FEATURING
Trauma Expert
Heather T. Forbes, LCSW



Basic Track

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

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

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

**Follow a step-by-step
sequence for easy
implementation**

Each track contains:

- Video content with classroom scenarios
- Presentations from trauma experts
- Reflective writing assignments
- Multiple choice assessments
- Discussion boards
- Certificates of completion