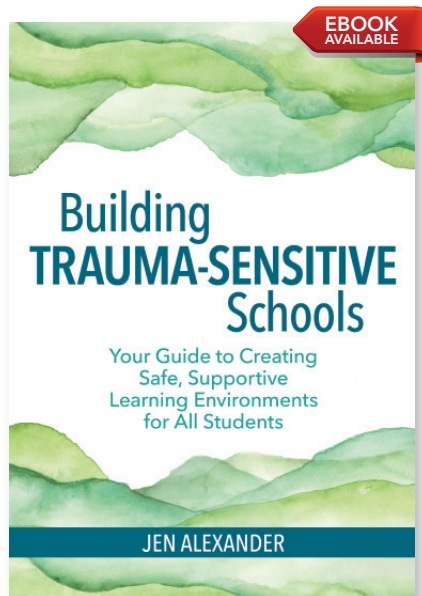


Delivers a comprehensive framework



Building Trauma-Sensitive Schools: Your Guide to Creating Safe, Supportive Learning Environments for All Students

By Jen Alexander, M.A., NCC, SB-RPT

Give hope and help to students who experience trauma with this reader-friendly how-to guide, your springboard for building responsive, trauma-sensitive preK–12 schools. Drawing on her extensive experience as a school counselor, trainer, and mother, trauma expert Jen Alexander delivers a **comprehensive framework for building a safe, supportive school environment** that helps all students learn and thrive. You'll start with an evidence-based introduction to the profound impact of trauma on a child's development, attachment, and behavior. Then you'll get an effective **multi-tier system of support** (MTSS) for developing a trauma-sensitive learning environment, including both universal strategies (Tier 1) and more intensive interventions (Tier 2 and Tier 3) for students who need more support.

Discover how to:

- make **five key shifts in the way you view and approach students** so that you're better equipped to support them
- **work together to prioritize resilience** by actively putting relationships first in your school
- implement **universal instructional strategies** that foster safety, connection, regulation, and learning for all students
- use **special supports, supplemental instruction, and coaching** when universal strategies aren't enough
- incorporate **restorative discipline practices** that focus on restitution, not retribution
- create a **personalized self-care plan** to reduce the effects of job-related stress

With this engaging, practical guide to what works and why, your school team will gain insights and develop action plans that make a real difference in the lives of all kids, including our most vulnerable youth.

Includes practical materials:

- Creative activities for teachers
- Powerful case stories
- Sample dialogues and scripts for educators and counselors
- Reflection and brainstorming worksheets
- Templates and handouts for use with students

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