**Trauma-Informed Instruction**

**After School Professional Development Program (ASPDP) registration required**  
New York City district participants seeking P/A+ credits towards a Master’s +30 or any other salary differential must complete additional registration with ASPDP. When available, register for the course on the ASPDP website during the semester you are completing coursework. The ASPDP course catalog is found here: <https://pci.nycenet.edu/aspdp/Course/Search>.

**Credits earned upon completion of semester coursework**  
Earn 3 P/A+ Credits and 45 CTLE hours upon successful completion of semester coursework. Time spent engaged in the course is reviewed by our instructors and staff members.

**To start your online coursework**

First, purchase on quikitech.com the individual course or a multi-course bundle (you will be able to select the course as part of your course bundle when the semester begins). Second, log in to your Quikitech account to access your course link.

**Course Description:** According to the Department of Justice, more than half of children in the U.S. were exposed to trauma in the past year, and 40% are direct victims of multiple acts of violence (higher percentages are represented in urban schools). This study also shows that students exposed to violence are more likely to be delinquent, struggle in and drop out of school; as well as to suffer from anxiety, depression, and PTSD, abuse drugs and alcohol, and engage in criminal activities.

*(https://www.justice.gov/archives/defendingchildhood/facts-about-children-and-violence)*

Trauma can greatly affect students' ability to learn. But through trauma-informed instruction, teachers and other education professionals can be factors of healing toward success, despite these odds. This course guides educators through a paradigm shift, toward deeper understanding, heightened sensitivity, and increased efficacy in teaching students affected by trauma. Participants learn to take an informed approach to instruction that can break the cycle of trauma.

**Course Outline:** This course consists of 8 sessions.

**Session #1**: Introduction of Course, Content, and Participants

**Session #2:** Trauma, Brain Development, & Learning

**Session #3:** Trauma & Relationships

**Session #4:** Breaking the Trauma Cycle: Classroom Practices & Culture

**Session #5:** Breaking the Trauma Cycle: Intervention (Individualized Support)

**Session #6:** Breaking the Trauma Cycle: Schoolwide Practices

**Session #7:** Educators as Trauma-Survivors

**Session #8:** Course Conclusion & Final Project

**Aligned with Standards:**

*NYS Learning Standards for Health, Physical Education, and Family:*

* Standard 1 (Personal Health and Fitness)
* Standard 2 (A Safe and Healthy Environment) - Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment toward healing from trauma and being able to learn in spite of it.

*NYC Applied Learning Standards:*

* A1: Problem solving (the problems students face related to trauma, stress, relationships and learning, to identify needs and plan and design ways to learn more effectively);
* A4: Learning and Self-Management Tools and Techniques (tools and techniques for students of all ages - particularly who have adverse childhood experiences, to self-manage, particularly in stressful situations, in order to engage in learning and work of high quality)
* A5: Tools and Techniques for Working with Others – Teachers will learn through this course how to equip students, especially those with adverse childhood experiences, with tools and techniques that support cooperative learning, reaching of agreements, negotiating and evaluating working relationships with peers and others in their learning environment.

Any questions? Please ask our Support Team at [support@quikitech.com](mailto:support@quikitech.com).