

Trauma-Aware Online Teaching

Karen Costa for OLC Ideate

@karenraycosta

<http://www.karencostawriter.com/bio>

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checking in

In the chat, please type one word or phrase that describes **how you're feeling** in this moment.

A laptop screen with a black bezel and a white background. The text "defining trauma" is centered on the screen. "defining" is in black and "trauma" is in red. The laptop is silver and has a reflection on the surface below it.

defining trauma

chrome

defining trauma

an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.

<https://www.samhsa.gov/trauma-violence>

multitudes

conversations about trauma should include awareness of our **individual** and **collective** strengths

https://www.samhsa.gov/sites/default/files/programs_campaigns/wellness_initiative/toxic-stress-fact-sheet.pdf



trauma's impacts

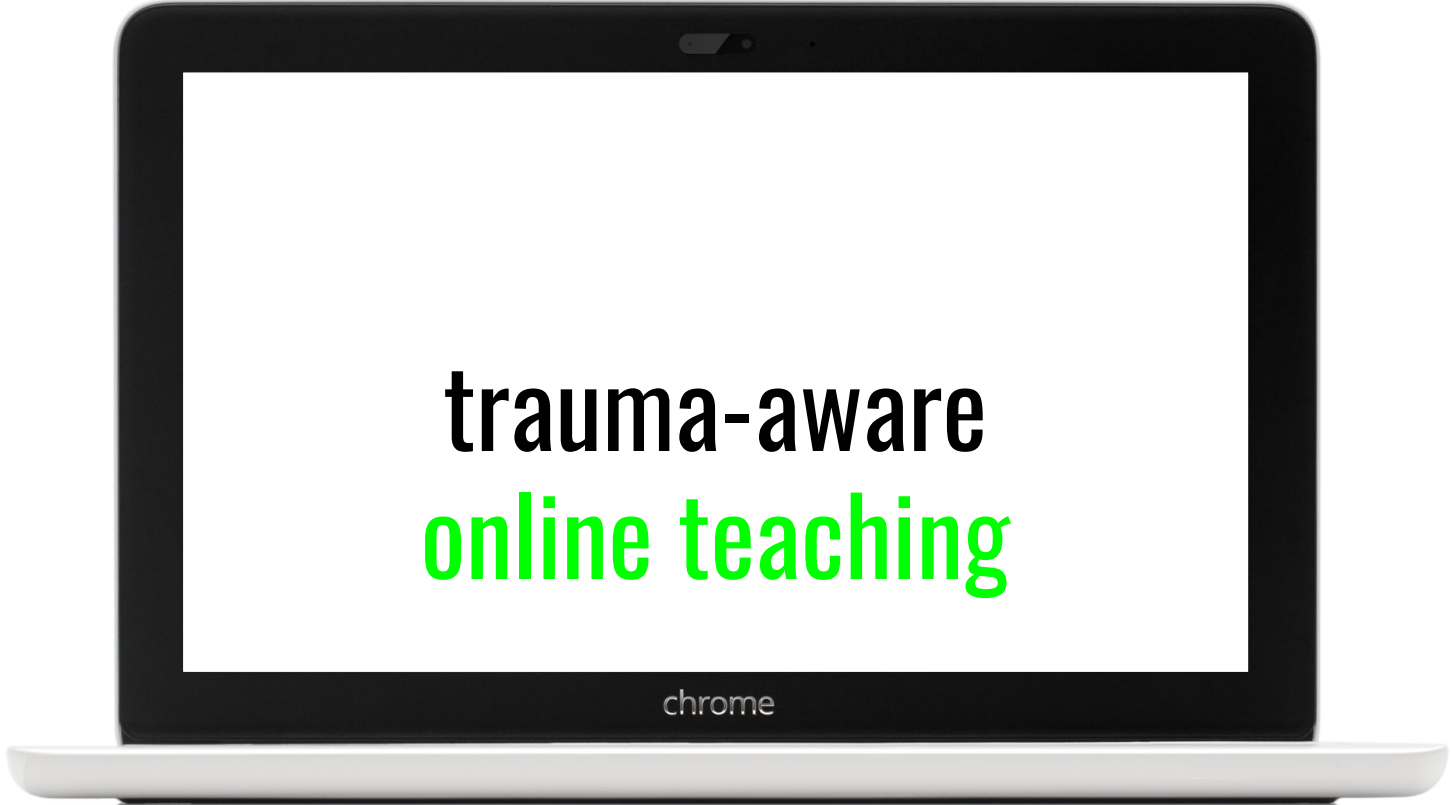
chrome

trauma's impacts

Executive function and self-regulation skills are the mental processes that enable us to plan, focus attention, remember instructions, and juggle multiple tasks **successfully**. -Center for the Developing Child, Harvard University

trauma's impacts

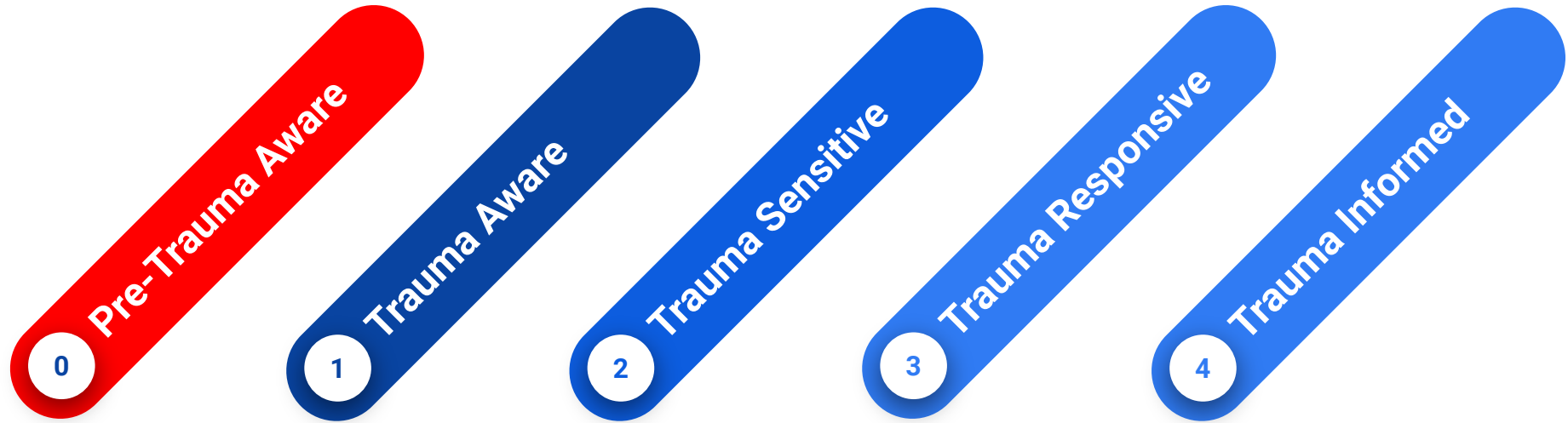
Stress and trauma **redirect our brains** toward **survival mode** and away from **executive functions**.

A white laptop is shown from a front-facing perspective, slightly angled. The screen is white and displays the text "trauma-aware" in black and "online teaching" in green. The laptop has a black bezel around the screen and a silver base. The word "chrome" is visible at the bottom of the bezel.

trauma-aware
online teaching

chrome

missouri model



trauma-aware

School staff have been **informed** about trauma, including historical and community trauma, are able to **comfortably speak** to its impacts, and have **begun to consider** how to translate that information into changes within the school.

educators' scope of practice?

| YES | NO |
|---|--|
| empathy | counseling |
| anti-racist, apply DEI principles | ignores equity concerns |
| recognize the probability of trauma in your classroom | try to assess individual trauma histories |
| develop self-awareness | overly focused on behaviors of others |
| curious about impact of trauma on pedagogy | rigidity or overreliance on what worked for you as a learner |



online learning
affordances

chrome

Five principles of trauma-informed care

SAFETY Common areas are welcoming and privacy is respected

CHOICE Individual has choice and control

COLLABORATION Making decisions with the individual and sharing power

TRUSTWORTHINESS Task clarity, consistency, and interpersonal boundaries

EMPOWERMENT Individuals feel validated and affirmed

scenario 1

You are hosting a synchronous session for your students in Zoom. Several of your students don't turn on their cameras.

What is a trauma-aware response?

scenario 2

A student is consistently missing course deadlines and has alluded to personal challenges.

What is a trauma-aware response?

scenario 3

I want to design a trauma-aware online course.

What is a trauma-aware approach?

share one...

Question

Key Takeaway

Resource

Idea