

SCEER Framework

SELF-CARE	CONSISTENCY	EMPATHY	ENVIRONMENT	RESILIENCE
<p>MOST IMPORTANT PRINCIPLE OF TRAUMA INFORMED PEDAGOGY</p> <p>Frequently overlooked/ underrepresented in literature & material</p> <p>You must take care of yourself before you can take care of others!</p> <p>Airplane oxygen mask principle</p> <p>Models self-care for students & others</p> <p>Acknowledge your experience of trauma</p>	<p>Create rituals & routines</p> <p>Establish predictability</p> <p>But be flexible & responsive to individual needs</p> <p>Inform people of unexpected changes</p> <p>Give people control over routines</p> <p>Maintain boundaries</p>	<p>Give people control & offer choices</p> <p>Support self-regulation of emotions & body</p> <p>Check assumptions, observe & questions</p> <p>Be nurturing, supportive, & <i>sensitive to individual triggers</i></p> <p>Change mindset to “What has happened to this person ?”... instead of “What is wrong with this person?”</p> <p>Reduce possibilities for re-traumatization</p> <ul style="list-style-type: none"> • Provide trigger warnings 	<p>Reflect on the messages from:</p> <ul style="list-style-type: none"> • Physical space • Emotional climate <p>Embed culture of care</p> <p>Intentionally create community</p> <p>Facilitate expression & discussion of:</p> <ul style="list-style-type: none"> • Emotions • Coping strategies • Use vocabulary, anger management & relaxation strategies <p>Actively listen</p> <p>Connect to resources</p> <p>Think of cognitive impact of trauma:</p> <ul style="list-style-type: none"> • Chunk info • Provide graphic organizers • Present info in multiple modalities <p>Foster trust</p> <p>Share info about impacts of trauma</p>	<p>Is the capacity that allows a person to prevent, minimize, & overcome the damaging effects of hardships or adversity</p> <p>Is a dynamic process of adaptation involving multiple interactions among:</p> <ul style="list-style-type: none"> • Risk & protective factors • Inner-personality resources • External energizing factors <p>Factors can support or hinder resilience:</p> <ul style="list-style-type: none"> • Support/ social network • Stress (Home, school, work, etc.) • Self-awareness • Social-emotional competence <p>Internal Characteristics of Resilience</p> <ul style="list-style-type: none"> • Self-esteem • Feel in control • Optimistic • Motivated to succeed • Self-aware • Reflective <p>External Characteristics of Resilience</p> <ul style="list-style-type: none"> • Problem solving skills • Clear goals & hopes • Make plans • Independent & autonomous • Appropriate <ul style="list-style-type: none"> • Communication skills • Interpersonal skills • Seek mentoring



The U.S. Department of Health and Human Services (2014) has identified specific trauma-informed principles, including safety; trustworthiness and transparency; peer support; collaboration and mutuality; empowerment; and cultural, historical, and gender issues.



Attribute to Jennifer M. Longley, Ed.D, Associate Professor, Department of Teacher Education, Borough of Manhattan Community College (BMCC) - CUNY