



TRAINING 'TRAUMA-SENSITIVE TEACHING (IN OKAN)'

Students with a refugee background often carry a heavy backpack with them. This can have a major impact on their learning and behaviour at school.

Children or young people who overreact, have tantrums or can suddenly explode. Or students with major concentration problems, who withdraw and do not seek contact with others or who are passive and afraid to express themselves. They are all signs of trauma.

But how do you deal with this as a teacher and how do you create an environment that feels safe for these students? In other words, how do you put trauma-sensitive education into practice?

Content

In this workshop we discuss what exactly trauma means. We do this based on recent and innovative scientific research: the Polyvagal Theory and the work of pioneers such as Gabor Maté, Bessel van der Kolk and Peter Levine.

Their work provides a clear **framework to better understand trauma**, but also its impact on the behaviour and well-being of people with trauma.

Then we look at how you as a **teacher** can create a learning environment in which these students feel safe and can learn. But also how to deal with trauma-related behaviour, such as outbursts of anger, and how to help them regulate their emotions. Here we give some concrete tips & tricks.

Finally, it is important that the **students** themselves learn how to release trauma. We therefore provide concrete information on how you can get started in the classroom. This does require a willingness to invest ten minutes a day or at least regularly in the socio-emotional learning of the students.

For who?

This workshop targets **for all teachers and caretakers in education for students with a refugee background**, but is also open for all educational staff that wants to teach or coach pupils in a trauma-sensitive way.

There is no minimum or maximum number of participants for this workshop

Duration?

The workshop lasts 2 hours (time for questions or break not included), but can be adapted on request.

Practical

How can you **book a workshop**?

- You call or email me to set a date and discuss the price via info@inesverplancke.be or 0474/366.413.
- An e-mail will follow with all information and arrangements.

**A tantrum is the brain's
attempt to reset the
nervous system to become
calm again.**

Lisa Feldman Barrett