

Preparing Future Teachers in Trauma-Informed Practices

September 2021



Did you know?

It is important to be mindful that some readings, activities and assignments may re-traumatize students who have experienced trauma. For example, activities that involve simulations where students write about or act out traumatizing experiences may cause harm. Regardless of the intention behind them, such activities can be more hurtful than helpful. (Gaffney, 2019 "[When Schools Cause Trauma](#)")

Welcome back everyone to campus! It is so good to see the campus bustling with activity. Also, welcome back to the third year of our Preparing Future Teachers in Trauma-Informed Practices newsletter.

Updates: The recently created Office of Education Solutions (OES) within the School of Education has hired a Director! Please join us in welcoming Christine Muldoon as the Director. Christine comes to us with 26 years' experience working in the education sector, specifically within PreK-12 District Administration for programs for emerging bilinguals and professional development. We are thrilled to have Christine as part of the team. As a reminder, the OES addresses and seeks solutions to persistent problems in the teaching, curriculum, equity, and other challenges in PreK-12 settings. The trauma-informed practices (TIP) initiative is housed within this office.

Upcoming Events:

SCHOOL OF EDUCATION FACULTY, STAFF, STUDENTS, ALUM & MENTOR TEACHERS:

We are continuing to offer [Resilient Futures](#) **FREE** TIP professional learnings this Fall. This is a 4-part series on creating trauma-informed and equitable learning environments. Email tip@msudenver.edu for more information if you'd like to attend or check out our [website](#) for future dates. Both virtual and in-person options available.

TIP in the classroom: Six ways to help kids transition back to school after distance learning: 1) Create manageable routine with their buy-in. 2) Practice time management and cognitive offloading (the use of physical action to reduce the cognitive demands of a task). 3) Dampen the stress response, and avoid making assumptions. 4) Turn grind into play. 5) Think beyond the brain. 6) Focus on their strengths and take the long view. (The Washington Post by Phyllis Fagell)

Did you know that September is National Courtesy Month and that October is Emotional Wellness Month? It might be a great idea to incorporate these two themes into your calendar to encourage courtesy and emotional wellness. Also, September 12 is National Day of Encouragement; Sept. 13 is Positive Thinking Day and October 25 is I Care About You Day.

Book Recommendation – “Unconscious Bias in Schools: A Developmental Approach to Exploring Race and Racism”; revised edition; by Tracey A. Benson.

Questions, comments or ideas? Want to get involved?

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