



## **Trauma and Crisis Management Specialist Training (Second Edition)**

**LOCATION:** Online, Self-paced

**LINDENWOOD UNIVERSITY:** EW 51044 Trauma and Crisis Specialist

### **COURSE DESCRIPTION:**

Forty-six million children witness violence, crime, physical and psychological abuse every year in the United States. A study from the National Child Traumatic Stress Network found that one out of every four children attending school has been exposed to a traumatic event that can affect learning and/or behavior. While the exact statistics vary for a variety of reasons, the commonality of all studies reveal trauma is something many U.S. children face. With such startling statistics, it's likely there are students in your school who've been exposed to some sort of trauma in their lifetime. This trauma can be detrimental to your students' academic achievement, social/emotional development and postsecondary readiness.

Entire schools can also experience traumatic experiences, such as natural disasters, the loss of a student or facility member or a school shooting, and school counselors play an important role in developing and leading the crisis response team after a traumatic event unfolds. Learn how you can best support individual students living with and experiencing trauma and how you can be an instrumental leader in creating and/or maintaining a safe, supportive, trauma-sensitive school.

### **LEARNING OBJECTIVES:**

After completing this course, you should be able to:

- Explain in detail the prevalence and impact of trauma on students' academic achievement, college and career readiness and social/emotional development.
- Identify different types of trauma students may experience
- Explain the role of schools in the lives of traumatized children
- Define and list the core attributes of a trauma-sensitive school
- List key tasks to complete in the wake of a crisis
- Discuss scenarios to understand the depth of response and what schools need in the recovery phase of a traumatic event
- Identify different ways to advocate for a trauma-sensitive schools.
- Locate valuable resources to aid students coping with trauma

REQUIRED COURSE ASSIGNMENTS		Hours:
<b>MODULE 1</b>		
ASCA Position Statement: <b>The School Counselor and Trauma-Informed Practice</b>		0.25
ASCA Position Statement: <b>The School Counselor and Child Abuse and Neglect Prevention</b>		0.25
Website Resource: <b>Centers for Disease Control and Prevention/Adverse Childhood Experiences</b>		0.5
ASCA Video: <b>The Who, What, Why of Trauma in Schools</b>		1
ASCA Video: <b>Secondary Trauma and Chronic Stress</b>		1
ASCA U Ignite Video: <b>Trauma-Informed Practice</b>		0.75
ASCA Video: <b>Trauma-Informed Practices</b>		1
<i>Professional School Counseling</i> Journal article: <b>School Counselor Perceptions and Knowledge of Trauma-Informed Practices</b>		1
E-book: <b>"Helping Traumatized Children Learn: A Report and Policy Agenda (Vol. 1, Ch. 1)"</b>		2
E-book: <b>"Helping Traumatized Children Learn: Creating and Advocating for Trauma-Sensitive Schools (Vol. 2, Ch. 2-3)"</b>		4.5
Podcast: <b>TedTalk - How Childhood Trauma Affects Health Across a Lifetime, Nadine Harris</b>		1
ASCA School Counselor Magazine: <b>Student Victims of Trauma &amp; the Laws Protecting Them</b>		0.5
ASCA School Counselor Magazine: <b>New Challenges in Child Abuse Reporting</b>		0.5
<b>MODULE 2</b>		
<i>Professional School Counseling</i> Journal article: <b>School Counselors Implementing a Trauma-Informed Approach Through Evidence-Based Practices</b>		1
ASCA Video: <b>Become a Trauma-Informed School Counselor</b>		1
ASCA Video: <b>Trauma-Informed Practices in Unconventional Settings</b>		0.5
ASCA Video: <b>Support Students Through Trauma</b>		1
ASCA Video: <b>Develop Trauma-Informed Peer Helpers</b>		1
ASCA Video: <b>The School Counselor's Role in Trauma Recovery</b>		1
ASCA Video: <b>Normalize Trauma-Informed Care</b>		1
Website Resource: <b>11 Ways Schools Can Help Students Feel Safe in Challenging Times (ADL)</b>		0.25
Website Resource: <b>5 Ways to Help Students in Trauma (Edutopia)</b>		0.25
<b>MODULE 3</b>		
<i>Professional School Counseling</i> Journal article: <b>Supporting School Engagement and High School Completion Through Trauma-Informed School Counseling</b>		1
Website Resource: <b>Understanding Generational Trauma (Health.com)</b>		0.75
Podcast: <b>This American Life – Episodes 487 &amp; 488: Harper High School, Part 1 and Part 2</b>		2.5
ASCA Video: <b>Address Race-Based Traumatic Stress</b>		1
ASCA Video: <b>Race-Based Trauma and Self-Care for School Counselors of Color</b>		1
ASCA School Counselor Magazine article: <b>Immigrant Aid</b>		1

ASCA Video: <b>Foster Resilience</b>	1.25
NCTSN Resource: <b>Child Trauma Toolkit for Educators</b>	1.5
<i>ASCA School Counselor Magazine</i> article: <b>Harnessing Healing &amp; Hope</b>	0.5
<b>MODULE 4</b>	
ASCA Position Statement: <b>The School Counselor and Safe Schools and Crisis Response</b>	0.25
ASCA Video: <b>Effective Crisis/Trauma Response</b>	1
ASCA Video: <b>Prepare for an Emergency Response</b>	1
<i>ASCA School Counselor Magazine</i> article: <b>More Than Just Response</b>	0.5
ASCA Video: <b>Threat Assessment Teams</b>	1
<b>A Framework for Safe and Successful Schools</b> (ASCA, NASP, SSWAA, NASRO, NAESP, NASSP joint publication)	1
Website Resource: <b>Willamette Education Service District- Crisis Response page</b>	1
Classroom Matters Podcast: <b>Approaching Emergency Preparedness Through a Trauma-Informed Lens</b> with Claire Marie	0.75
<b>After a Suicide: A Toolkit for Schools</b> , Second Edition (Suicide Prevention Resource Center Publication:)	2
Website Resource: <b>Death and School Crisis</b> (Coalition to Support Grieving Students)	0.5
ASCA Video: <b>Lessons from a School Shooting</b>	1
<i>ASCA School Counselor Magazine</i> article: <b>Lessons from a School Shooting</b>	0.5
<i>ASCA School Counselor Magazine</i> article: <b>Armed Assailant Drills</b>	0.5
<b>MODULE 5</b>	
<i>ASCA School Counselor Magazine</i> article: <b>Crisis Prevention Mini-Lessons</b>	0.5
ASCA Video: <b>Build Trauma-Informed Practices</b>	0.5
Resource: <b>Understanding the Impact of Trauma, Ch. 3</b> (NIH/National Library of Medicine)	2
ASCA Video: <b>Mindful Matters</b>	1
ASCA Video: <b>Community Resiliency Model Benefits</b>	1
ASCA Video: <b>Creating a Culture of Resiliency in School</b>	0.5
Resource: <b>NASP Guidance for Reinforcing Safe, Supportive and Positive School Environments for All Students</b>	0.5
Resource: <b>National Center for School Crisis &amp; Bereavement- Talking to children about terrorist attacks and school and community shootings in the news</b>	0.25
<i>ASCA School Counselor Magazine</i> article: <b>Resilience in the Aftermath</b>	0.5
<i>ASCA School Counselor Magazine</i> article: <b>School Counselor Ethics in Crisis Management</b>	0.5
<b>TOTAL HOURS:</b>	<b>50</b>

**ASCA SCHOOL COUNSELOR PROFESSIONAL STANDARDS & COMPETENCIES:**

M 6; B-PF 1; B-PF 2; B-PF 5; B-PF 7; B-SS4

**ASCA STANDARDS FOR SCHOOL COUNSELOR PREPARATION PROGRAMS (ASCA CAEP SPA)**

1.3; 2.1; 4.2; 4.3; 6.1; 6.2

**CACREP STANDARDS**

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