Integrating Trauma Informed Practices

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Today’s Goals

• Trauma-Informed Practice- Getting Started by Understanding the Burdens of Immigration
• Building Empathy and Understanding in Teaching and Learning
• Toolkit- Strategies and Activities
The Stressors of Migration

• Before the Journey
• During the Journey/Resettlement
• After
Before the Journey

• Push/Pull Factors
• Witness or victims to violence, threats, other trauma
• Lack of basic needs- housing, food, safety, education etc.
• Separation of family
• Fear of the unknown
During the Journey/Resettlement

- Exposure to stressful situations
- Unemployment/Exploitation
- Language Access/Understanding
- Navigating Education, Medical, Housing
- Fear of Repatriation
After

• Homesickness/Distance from Support Network
• Worrying about family, community in home country.
• Changes in social status
• Fear of repatriation
• Fear of family separation
• Obstacles- Access to Language, Education, Food, Safety
Trauma-Informed Concepts

• Understand the differences between immigration and forced migration (e.g. refugees, asylum seekers, immigrants, etc.)

• Some refugee cultures consider extended families, such as cousins, as siblings. “My sister” may be referring to an aunt’s daughter, but the relationship can be just as close.

• Talk about what resiliency means and how students can help foster resiliency among one another.

• Nobody should feel singled out. If there is only one or two newcomers make sure they will be comfortable with lessons/activities.

• Try strategies that work for you and your students. Collaborate and involve them. Students want a shared purpose.
Trauma Informed Strategies

• Consistency and Clear Expectations
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• Get to Know Your Students
The Importance of a Name
Trauma Informed Strategies

- Consistency and Clear Expectations
- Get to Know Your Students
- Channels of Communication
Trauma Informed Strategies

• Consistency and Clear Expectations
• Get to Know Your Students
• Channels of Communication
• Give Students Fair Warning and Options
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• Start With the Resources You Have
Trauma Informed Strategies

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• Give Students Fair Warning and Options
• Start With the Resources You Have
• Be Supportive, but- Don’t Say “Everything Will Be Fine”
Trauma Informed Strategies

- Consistency and Clear Expectations
- Get to Know Your Students
- Channels of Communication
- Give Students Fair Warning and Options
- Start With the Resources You Have
- Be Supportive, but-Don’t Say “Everything Will Be Fine”
- Self-Care
Adult Learner Support

• Use Welcoming Stories
• Listen to testimonies
• Find and engage community organizations
• Find and engage immigrant business owners, graduates, politicians
• Gather ideas that worked in making newcomers feel welcomed
• Use video or other multimedia to share students’ stories
Use Historical and Contemporary Events

Creative Commons
Stories of Resilience and Perseverance

• Artandremembrance.org
• WelcomingRefugees.org
• ILCTR.org
Use Literature and Welcoming Stories
The Arrival
By Shaun Tan
It was difficult to say goodbye to my family and my home to go to the USA because I want to find “my great maybe”.
I came to USA to work to give a better life to my family when I wanted to return to Mexico we were scared by violence and better still here in the USA is the best for my family. Mexico is dead...
WelcomingRefugees.org

Extensions and Other Ideas

• Use these activities for a staff development
• Create a speaker panel for students
• Participate in Welcoming Week
Wrap Up and Stay in Touch

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