

Trauma-Informed Teaching: A Quick-Start Guide for Educators

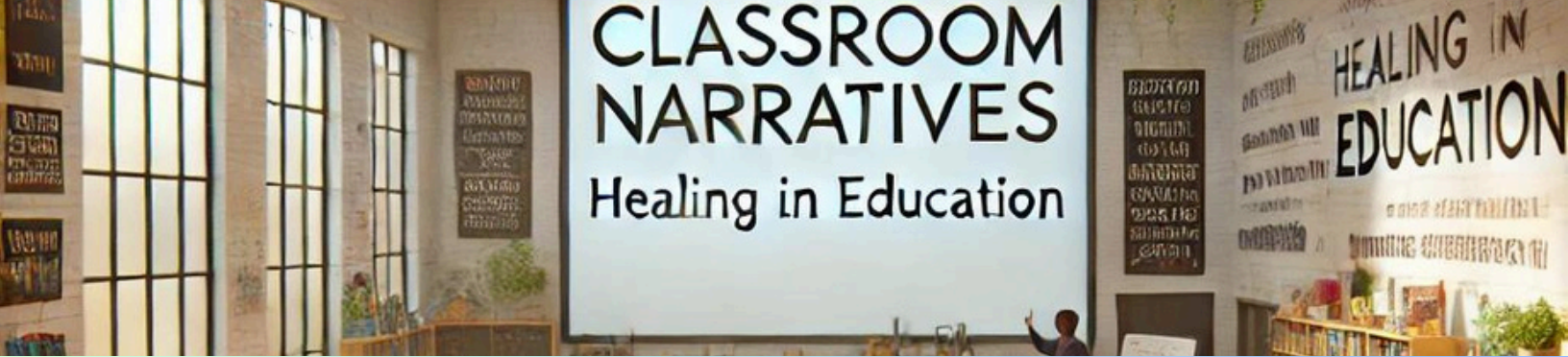
Creating Safe, Supportive Classrooms for Every Student

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Why Trauma-Informed Teaching Matters

Students carry more than backpacks into the classroom—they bring their experiences, emotions, and sometimes, trauma. Trauma can affect concentration, behavior, and learning, making it essential for educators to create a safe and supportive environment before focusing on academics.

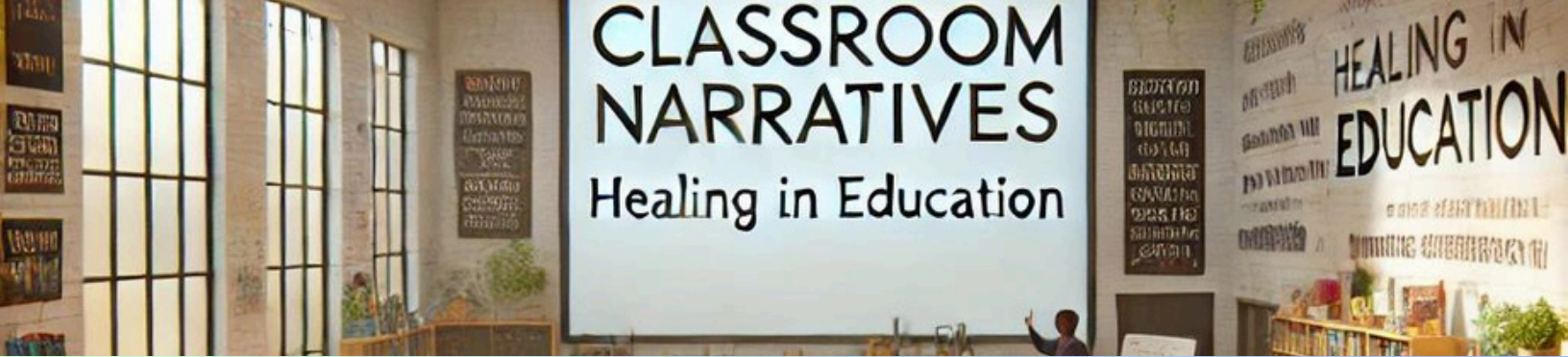
A trauma-informed approach isn't about being a therapist—it's a **classroom mindset** of fostering trust, safety, and belonging so students can engage and thrive.



Trauma-Informed Teaching:

Core Principles of Trauma-Informed Teaching

- ◆ **Maslow Over Bloom** – Prioritize emotional and psychological safety before academic rigor. Learning only happens in a regulated state.
- ◆ **Trust & Safety** – Use trauma-sensitive language and create predictable routines.
- ◆ **Teacher as a Facilitator, Not a Therapist** – Encourage student expression while maintaining professional boundaries.
- ◆ **Relational Teaching** – Build rapport while setting clear expectations for respect and emotional well-being.

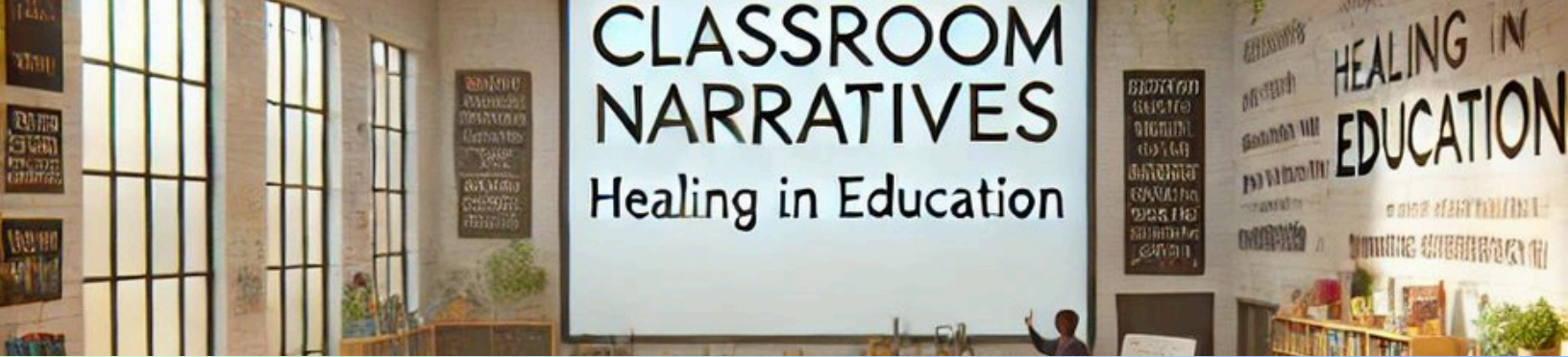


Simple Trauma-Informed Classroom Strategies

- ✓ **Journaling & Reflection** – Offer structured, but optional, personal writing opportunities.
- ✓ **Mindfulness Practices** – Incorporate breathing exercises or quiet reflection time.
- ✓ **Guided Discussions** – Provide structured, opt-in conversations with clear boundaries.
- ✓ **Collaboration with Support Staff** – Partner with counselors when students need additional support.

Handling Emotional Challenges in the Classroom

- 💡 **If a student discloses trauma** → Stay calm, listen, validate, and refer to professional support.
- 💡 **If a discussion escalates** → Redirect, offer a break, or follow up privately.
- 💡 **If grading emotionally personal work** → Focus feedback on structure and clarity, not personal content. Use the assignment's rubric as a guide to ensuring a fair assessment.



Teacher Well-Being & Self-Care

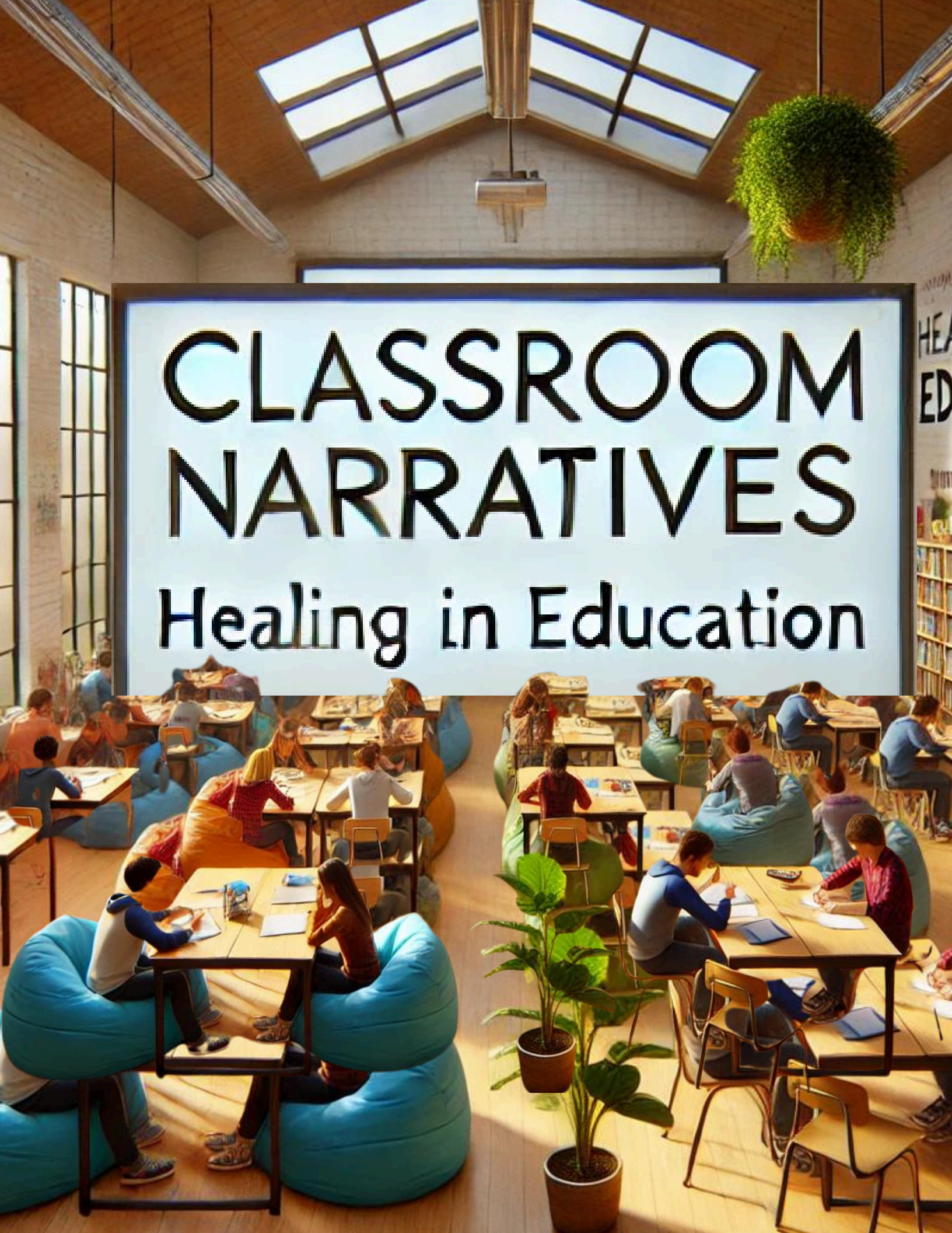
- 🌱 **Set Boundaries** – You can care deeply while protecting your emotional energy.
- 🌱 **Model Self-Regulation** – Your students learn from your example.
- 🌱 **Seek Support** – Debrief with trusted colleagues and prioritize your well-being.

Want the Full Guide?

This is just the beginning!

The complete ***Trauma-Informed Teaching Guide*** includes:

- ✅ More classroom strategies to support students
 - ✅ Expert insights & real educator experiences
 - ✅ Practical tools to create a healing-centered classroom
- ◆ Want to learn more? Check out the [Classroom Narratives: Healing in Education](#) podcast for weekly conversations and stories on wellness in schools.

A modern, bright classroom with a high ceiling and large skylights. Students are seated at wooden desks and large, colorful beanbag chairs. A large screen in the center of the room displays the title. A potted plant sits on the floor in the foreground, and a hanging plant is visible in the upper right corner.

CLASSROOM NARRATIVES

Healing in Education