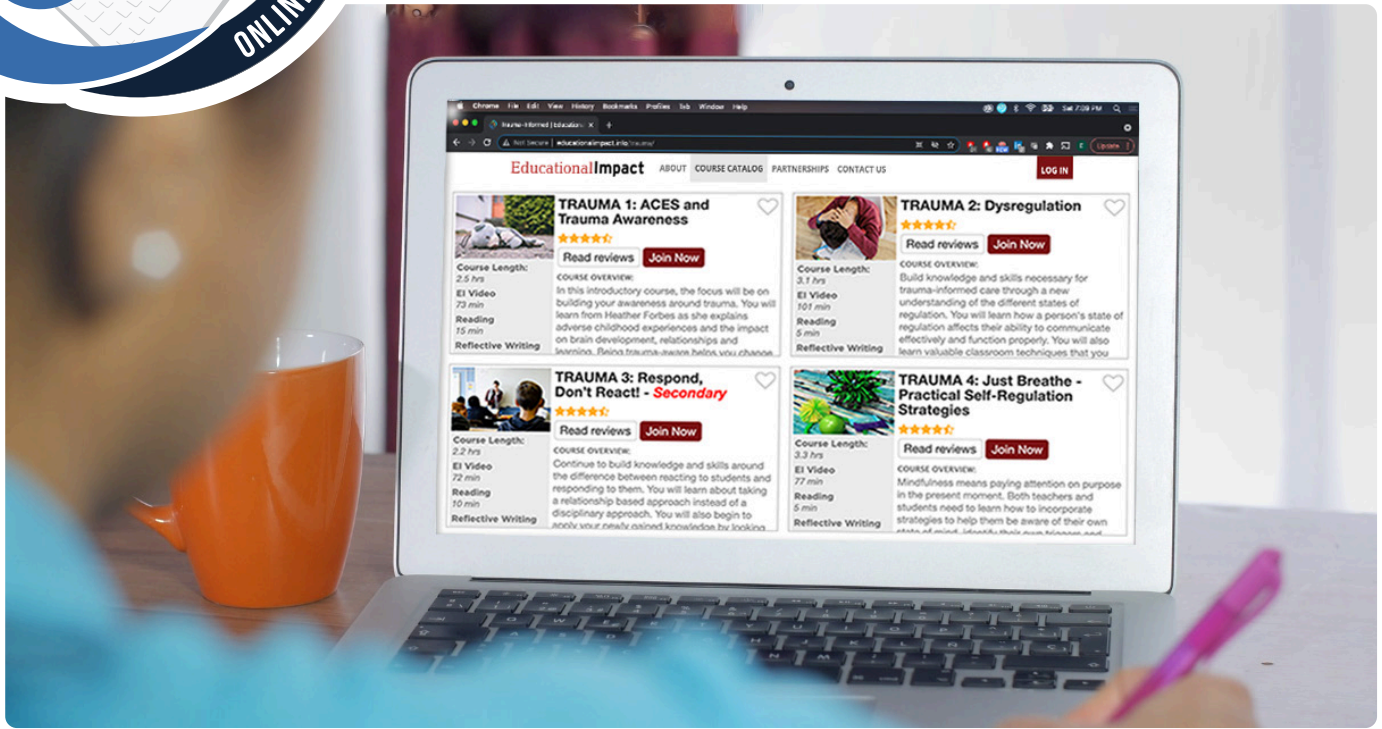


# The Trauma-Informed Online Academy

A Professional Learning System for Schools

IS YOUR SCHOOL TRAUMA-INFORMED?



Designed and hosted by Heather T. Forbes, LCSW

- Basic Track ----- p. 5
- Classroom180 Track ----- p. 6
- Administrator Track ----- p. 7
- Mastery Track ----- pp. 8-9
- TISC Keynote Track ----- p. 10
- Support Track ----- p. 11
- Parent Track ----- p. 12

[www.TraumaInformedOnlineAcademy.com](http://www.TraumaInformedOnlineAcademy.com)



## HEATHER T. FORBES, LCSW



Heather Forbes is a Licensed Clinical Social Worker, and owner of the Beyond Consequences Institute. Trauma robs children of their curiosity, and Heather’s passion is to help these students return back to their innate love for learning. She consults and lectures extensively with both general and special education schools around the world. Heather has worked in many schools with trauma-impacted students and knows first hand how challenging it can be on a daily basis with these students.

Much of her insight on understanding trauma, disruptive behaviors, and developmental delays, comes from her own experience of raising two internationally adopted children and mentoring a severely trauma-impacted young adult. She is an internationally published author on the topics of raising children with difficult and severe behaviors, the impact of trauma on the developing child, adoptive motherhood and school transformation. Her best-selling book, **Help for Billy**, provides parents and educators with essential methods for managing the

classroom behavior of the child with complex trauma. Her most recent book is focused on providing schools with practical strategies to create trauma-informed classrooms. **Classroom180: A Framework for Creating, Sustaining, and Assessing the Trauma-Informed Classroom** includes a practical rubric that outlines 27 components of a trauma-informed classroom.

Heather partnered with Educational Impact to help bring her books to life with real classroom videos and provide a step by step training program for all staff. The Trauma-Informed Online Academy was developed through field studies and collaboration with eLearning experts and teachers to create a comprehensive scope and sequence that is transforming schools worldwide.

“

“One and done workshops just aren’t enough to create real change in our schools. That’s why I’ve put so much time and energy into working with Educational Impact to develop more than 70 hours of online videos and courses for school wide trauma-informed training. Now you can get everyone on the same page!”

Heather T. Forbes, LCSW

”

[www.beyondconsequences.com](http://www.beyondconsequences.com)  
[www.traumainformedonlineacademy.com](http://www.traumainformedonlineacademy.com)



# ENGAGING ONLINE COURSES FOR ALL STAFF

All courses in the Trauma-Informed Online Academy are designed to be engaging multimedia learning experiences. There are a variety of enriching activities in every course:

- Speaker videos
- Classroom videos
- Articles
- Certificates of completion
- Reflective writing
- Discussion boards
- Multiple choice assessments



**699**

Unique URL's

**62**

Hours of Video

**37**

National  
Trauma Experts

**24**

Real Classroom  
Scenarios

***\*New Content Added Every Year***

To learn more and read course reviews, visit [www.educationalimpact.info/courses](http://www.educationalimpact.info/courses)

# THE TRAUMA-INFORMED ONLINE ACADEMY

Follow a step-by-step scope and sequence for schoolwide training.  
Complete online courses at your own pace.

## PHASE ONE



### BASIC TRACK

- 1: ACEs & Trauma Awareness
- 2: Dysregulation



### CLASSROOM180 TRACK

- Classroom180 Introduction
- Domain 1: Family Culture and Relationships
- Domain 2: Regulation
- Domain 3: Language of Trauma
- Domain 4: Safety
- Domain 5: Discipline and Empowerment



### ADMINISTRATOR TRACK

- Trauma Awareness
- Preparing for Change
- Changing School Culture
- Developing Staff and Skills
- Moving Forward as a Trauma-Informed School

## PHASE TWO



### MASTERY TRACK

- 3: Respond, Don't React
- 4: Mindfulness
- 5: Scenarios
- 6: Restorative Justice
- 7: Circle Up for Conflict Resolution
- 8: Transforming your Environment
- 9: Communicating and Connecting
- 10: Understanding Violent Behavior



### TISC KEYNOTE TRACK

- Self Care
- Movement and Creative Arts
- Inclusive Culture
- Mentorship & Empowerment
- SEL



### SUPPORT TRACK

- Culture of Kindness
- Communication Shifts



### PARENT TRACK

- Help for Billy
- Families in Conflict
- Parenting Beyond Logic, Consequences and Control



# BASIC TRACK

The **Basic Track** is the starting point for most schools as they grow from “trauma-aware” to “trauma-informed.” The course assignments build a common understanding of trauma to give you a clearer picture of what is driving student's negative behavior. Get all staff on the same page with the foundational courses in the Basic Track.



**TARGET AUDIENCE:** All Instructional Staff

## → Trauma 1: ACEs and Trauma Awareness

*Course Length: 2.5 hrs*

In this introductory course, the focus will be on building your awareness around trauma. You will watch excerpts from one of Heather’s live trainings based on *Help for Billy*, her best selling book. Learn about adverse childhood experiences (ACEs) and the impact on brain development, relationships, and learning. Being trauma-aware helps you change the way you interact and respond to your most challenging students.

## → Trauma 2: Dysregulation

*Course Length: 3 hrs*

Build knowledge and skills necessary for trauma-informed care through new understanding of the different states of regulation. You will learn how a person's state of regulation affects their ability to communicate effectively and function properly. You will also learn valuable classroom techniques that you can apply to help shift both your students' and your own state of regulation.

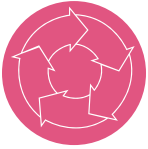


*Heather Forbes is your guide in The Trauma-Informed Online Academy*



# CLASSROOM180 TRACK

Designed and hosted by Heather T. Forbes, LCSW, the **Classroom180 Track** explores the 27 components of a trauma-informed classroom. Learn how to use the Classroom180 rubric to assess, coach, and develop new classroom strategies.



**Target Audience:** All Instructional Staff and School Administrators



## → Trauma C180: The Classroom180 Framework

*Course Length: 1 hr*

In this course, you will be introduced to a research-based framework that outlines the essential components of a trauma-informed classroom. You will review the needs of trauma-impacted students and the importance of connection.

## → Trauma C180 - D1: Relationships and Family Culture

*Course Length: 2.5 hrs*

The foundation of trauma-informed classrooms is all about relationships. It takes expanding our perspective to see the school classroom more like a family – a place where every student is accepted and supported unconditionally. When students are connected, they are able to function at their highest levels.

## → Trauma C180 - D2: Regulation

*Course Length: 3 hrs*

Regulation is the ability to handle stress and calm the nervous system. It takes strong, connected, and loving relationships to help students regulate, which is why Domain 1 and Domain 2 work hand in hand. In this course, explore 7 components of a regulatory classroom and learn new strategies to help students regulate.

## → Trauma C180 - D3: Language of Trauma

*Course Length: 2.5 hrs*

Trauma changes how students perceive themselves and how they perceive themselves in this world. It shifts students into a deep perspective of fear. Domain 3 requires us to shift how we communicate with students, how we de-escalate situations and stay aware of our nonverbal communication. In a trauma-informed classroom, we must learn to “speak trauma.” Through this course, master the language of trauma by examining 5 critical components.

## → Trauma C180 - D4: Safety

*Course Length: 2.5 hrs*

The very nature of trauma is defined by the experience of feeling unsafe. Incidents of explosive and unsafe behaviors in the classroom have been on the rise for the past several years. This is why there is a whole domain focused on safety. To reduce unsafe behaviors in the classroom, teachers must work proactively to implement components of Domains 1, 2, and 3 and incorporate the 3 essential safety components discussed in this course.

## → Trauma C180 - D5: Discipline and Empowerment

*Course Length: 2 hrs*

In trauma-informed classrooms, discipline and empowerment work together. It is a movement away from fear-based systems that incorporate punishment as a way to shape behavior. Domain 5 is designed to help schools create regulatory-based discipline programs focused on relationships, repair, and healing. It includes classrooms where social and emotional learning and negative belief systems are addressed.

# ADMINISTRATOR TRACK

The **Administrator Track** helps administrators create and lead trauma-informed schools. It includes practical implementation steps, ideas for gaining buy-in, and strategies for engaging students, parents, and the community.



**Target Audience: Leadership Team - School and District Administrators**

## → Trauma Admin A: Becoming Trauma Aware

*Course Length: 2.5 hrs*

In this introductory course, the focus will be on building your awareness around trauma. You will learn from Heather Forbes as she explains adverse childhood experiences and the effect on brain development, relationships and learning. Being trauma-aware helps you change the way you interact and respond to your most challenging students.

## → Trauma Admin B: Preparing for Change

*Course Length: 2 hrs*

Build knowledge and skills necessary for trauma-informed care through understanding the different states of regulation. You will also learn the value in making sure your staff feels supported, understands the importance of self-care, and how to build an empowered, trauma-informed community. This transition is by no means easy or quick, but it is so worth the effort it takes to get there.

## → Trauma Admin C: Changing School Culture

*Course Length: 4 hrs*

Begin planning and taking action to create the change and integration necessary to becoming a trauma-informed school. In this course, you will evaluate your school climate, culture, and policies. Learn how to integrate strategies for staff support, screening and crisis management.



## → Trauma Admin D: Developing Staff and Skills for Intervention

*Course Length: 2.5 hrs*

The journey to becoming trauma-informed is not an overnight process. Creating a leadership team will make a huge difference in allowing you to get your entire staff moving toward implementing new beliefs and skills. Learn how to implement a school-wide training plan that ensures common baseline knowledge and differentiated learning opportunities.



## Trauma Admin E: Moving Forward as a Trauma-Informed School

*Course Length: 2.5 hrs*

The final stage for trauma-informed schools requires all stakeholders; students, staff, parents, and the community. This course will start with ideas for engaging students and teaching them about stress and importance of self-regulation. Then you will explore strategies for gaining parent buy-in. Finally, you will discover how building community partnerships can greatly benefit your trauma-informed initiative.

# MASTERY TRACK

The **Mastery Track** is designed for differentiated professional learning. Go in depth to build your skills in key areas of interest and need while working in any order and at your own pace.



**Target Audience:** *Instructional Staff and Administrators*

## → **Trauma 3: Respond! Don't React!**

*Course Length: 2.5 hrs*

Continue to build knowledge and skills around the difference between reacting to students and responding to them. You will learn about taking a relationship based approach instead of a disciplinary approach. You will also begin to apply your newly gained knowledge by looking at scenarios that depict real classroom situations.

## → **Trauma 4: Just Breathe - Practical Self-Regulation Strategies**

*Course Length: 2.5 hrs*

Mindfulness means paying attention on purpose in the present moment. Both teachers and students need to learn how to incorporate strategies to help them gain awareness of their own state of mind, identify their own triggers, and understand how to return to a state of regulation. In this course, you will learn the practice of mindfulness and the impact and benefits of mindfulness practices.

## → **Trauma 5: Scenarios**

*Course Length: 2.5 hrs*

In this course, you will take what you have learned so far and apply your knowledge to determine the best way to deal with issues in the classroom. You will view life-like classroom scenarios that show both the unproductive and productive versions of situations you might face in the classroom. These scenarios will give you a window into the classroom.



*Watch teachers illustrate the right and wrong way to intervene*



## → Trauma 6: Restorative Justice-Responsibility, Healing, and Hope

Course Length: 2.5 hrs

In schools, overreliance on punitive strategies like suspension or expulsion aren't working. It's time to take a different approach. In this course, you will learn about restorative justice and how it brings together persons harmed with persons responsible for harm in a safe and respectful space, promoting dialogue, accountability, and a stronger sense of community.

## → Trauma 7: Circle Up for Conflict Resolution

Course Length: 1.5 hrs

Has your classroom ever been disrupted by students arguing or maybe even a physical altercation? Unless they are taught from an early age, children do not always know how to resolve conflicts appropriately. School staff often feel ill equipped to help students work through issues. This course will teach you about identifying triggers, classroom meetings, and community circles to help you model conflict resolution.

## → Trauma 8: Transforming Your Environment

Course Length: 1.5 hrs

Whether students are feeling overwhelmed, dysregulated, or just not focused, the way we set up our classroom can have a big impact on students' ability to learn. This course will look inside trauma-informed schools, classrooms, safe spaces, peace corners, and chill rooms.



## → Trauma 9: Communicating and Connecting

Course Length: 3 hrs

Sometimes just a simple change in tone or body language is all that's necessary to make a positive connection with others. In this course, you will learn strategies and tips that will create subtle shifts in your communication style that will prompt shifts in your students' abilities to communicate well.

## → Trauma 10: Understanding Violent Behavior

Course Length: 1.5 hrs

As a trauma-informed teacher, you are learning how to work with students to build relationships, maintain regulation, adopt mindfulness, and be accountable. However, students who have been predisposed to violent behavior will not easily make the changes we see in other students. This course will teach you about how adverse early life experiences can result in violent behavior and how to navigate when you have this type of student in the classroom.



Go inside real classrooms to see trauma-informed practices in action.

To preview videos, please visit: [www.traumainformedonlineacademy.com](http://www.traumainformedonlineacademy.com)

# TISC KEYNOTE TRACK

The **TISC Track** provides on demand access to workshops presented at recent Trauma-Informed School Conferences (TISC). You will feel like you are right there sitting in one of the seats in the conference center! These sessions work great for PD days, whole group viewing, or personal learning. The speakers are engaging and provide real life application from the field.



**Target Audience: All Staff**

## → TISC 1: Staff Morale and Self Care

*Course Length: 4 hrs*

Course includes excerpts from workshops like:

- Building an Emotionally Regulated Staff
- Self-Care and the Resilient Educator

## → TISC 2: Movement and Creative Arts

*Course Length: 4 hrs*

Course includes excerpts from workshops like:

- Art Smart Classrooms for Traumatized Children
- Powerful Tools to Help Kids Overcome Stress and Trauma
- Putting Tools in their Hands

## → TISC 3: Inclusive Culture

*Course Length: 4 hrs*

Course includes excerpts from workshops like:

- Trauma-informed for All: Equity for LGBTQ2+ Students
- Relational, Restorative, and Resilient

## → TISC 4: Mentorship and Empowerment

*Course Length: 4 hrs*

Course includes excerpts from workshops like:

- The Secret Life of Teens
- Risk & Resilience
- Overcoming Negative Belief Systems
- Transforming the Difficult Child

## → TISC 5: Social Emotional Learning

*Course Length: 4 hrs*

Course includes excerpts from workshops like:

- Mindfulness Instruction
- Unstacking the Deck
- Helping Children Express and Cope with their Feelings



*\*\* Educational Impact is always filming. Look for additional sessions and speakers to be added throughout the year. \*\**

# SUPPORT TRACK

The **Support Track** is designed to ensure all staff members who interact with students (office, nutrition, playground, transportation, custodial staff) understand the important role they play in the school culture of kindness and connection.



**Target Audience: Non-Instructional Staff**

## → Trauma Support 101: Culture of Kindness

*Course Length: 1.5 hrs*

To create a culture of kindness, we need everyone's help. Every adult who interacts with our students can do the little things to support their social, emotional, and academic growth. When students are in a positive, kind, and encouraging environment, everyone benefits. Some students are harder to reach. Adverse childhood experiences impact children's development in all areas. This course is designed for all school support staff as an introduction to some key terms and concepts around trauma-awareness in schools. Get inspired to find every opportunity to make a positive impact on the children you see everyday.

## → Trauma Support 102: Communication Shifts

*Course Length: 1.5 hrs*

When interacting with students with challenging behaviors, a simple change in tone or body language is all that's necessary to make a positive connection. This course will walk you through small, but significant, changes in communication that will make a drastic difference in the way you connect with students, and how they connect with you. Through brief and practical videos, Heather Forbes will help develop your understanding of the language of trauma so you can better understand what is happening with some of our most challenging students.



*It takes everyone to build a trauma-informed school.*



# PARENT TRACK

The **Parent Track** is available for parents looking for helpful resources to guide them at home with their children.



**Target Audience:** Caregivers

## → **Help for Billy**

*Course Length: 8 hrs*

Using the videos from Heather's Help for Billy workshop, course assignments, discussion boards, and reflective writing activities help to deepend parents' understanding of traum. Parents will broaden their understanding of adverse childhood experiences (ACEs) and the impact that trauma has on the developing brain, as well as gain more coping strategies, communication skills, problem solving skills, and ideas for school success.

## → **Parenting Beyond Consequences, Logic, and Control**

*Course Length: 9 hrs*

Are you overwhelmed by the challenges of raising your child? You're not alone! In this course, you will listen in on a parenting workshop that focuses on helping you create a sustainable relationship with your child and reduce the stress in your home. Explore how to go beyond consequences, logic and control. As part of this curriculum, you will be learning how important it is for you to stay regulated during the most difficult times with your children. This online multimedia course was designed by renowned trauma expert, Heather Forbes, LCSW. You will gain practical insight as you watch her videos, observe role plays and hear from other parents as they discuss their biggest frustrations, fears and concerns. Work at your own pace and take the time to apply what you hear and see to your own family situation.

## → **Families in Conflict**

*Course Length: 2.5 hrs*

This course will teach you strategies and methods to work with your dysregulated child while maintaining your own state of regulation. Observe video dramatizations showing common scenarios like managing sibling harassment, saying no to your child, coping with tempers, confronting a child about poor grades, keeping cool, and more. After you watch the video dramatizations, you will be challenged to identify triggers that caused the interaction to go awry. Then you'll observe the same scenario come to a more productive resolution. Gain real-life strategies you can apply in your home to help you improve the way you respond and communicate with your children.



# LEARNER REVIEWS



*My favorite assignment was critiquing the videos, then reflecting on what the teacher was doing correctly. Such valuable content!*

**Amy**  
Ontario Teacher

*"I loved the quiz at the end of each module to see what I remembered. What a great course!"*

**LeeAnna R.**  
North Carolina Teacher

*"The best assignment was the self reflection because it allowed me to honestly evaluate my current practice and identify what could be improved."*

**Brandi B.**  
Florida Teacher

*"The discussion boards were my favorite part of the course. The posts from other teachers provided wonderful ideas that I will use, while also reaffirming that others struggle with some of the same things I do."*

**Mario Z.**  
Florida Teacher

*I loved the videos and the opportunity to read what others are thinking. I have already used the regulated vs. dysregulated just this week!*

**Jennifer G**  
DuBray Middle School

*The scenarios are so realistic! This was so helpful for my staff.*

**Leslie C.**  
Texas Administrator



Read more reviews and real discussion board posts at: [educationalimpact.info/courses](https://educationalimpact.info/courses)



# ON DEMAND VIDEO LIBRARY

All courses include videos from the Heather Forbes Series in Educational Impact's expansive video library. Use videos for:

- Professional Development Days
- Parent Workshops
- PLC's
- Book Studies
- Personal Learning Plans



Simply press play on any of the programs in the Video Library and watch at your own pace. There are no course assignments.



# TRAIN YOUR ENTIRE STAFF WITH THE TRAUMA-INFORMED ONLINE ACADEMY

## HOW IT WORKS



1

### SET UP

We set up your school, participants, and courses.

We generate log ins for each participant.

We send each participant a *Getting Started* email.



2

### LAUNCH

Log in at your next staff meeting.

Choose a course from the drop down menu. Start an assignment.

Establish timelines, expectations, and schedules for professional learning.



3

### MONITOR

Access reports to check on responses.

*Annual School Subscriptions include unlimited user ID's for all staff.  
\*\* Volume discounts are available for district wide implementation.*



**Check it out online**  
[www.traumainformedonlineacademy.com](http://www.traumainformedonlineacademy.com)

**Read reviews**  
[www.educationalimpact.info/courses](http://www.educationalimpact.info/courses)

**Request school pricing**  
[info@educationalimpact.com](mailto:info@educationalimpact.com)



---

***The Trauma-Informed Online Academy is a joint venture between  
Educational Impact and the Beyond Consequences Institute.***

---

[www.educationalimpact.com](http://www.educationalimpact.com)  
[www.beyondconsequences.com](http://www.beyondconsequences.com)