The Trauma-Informed Online Academy

A Professional Learning System for Schools

IS YOUR SCHOOL TRAUMA-INFORMED?





Designed and hosted by Heather T. Forbes, LCSW

School-Wide Training

Start Anytime

Online 24/7/365

Renowned trauma expert, *Heather T. Forbes*, brings her books to life with real classroom videos and provides a step by step training program for all staff. Through *The Trauma-Informed Online Academy*, schools follow a comprehensive scope and sequence to integrate 27 critical components of trauma-informed practice.

Trauma-informed schools make mental and behavioral support for students a priority. Transform your classrooms to advance wellness and resilience.

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

EducationalImpact