

# TRAUMA-INFORMED Strategies to Support Student Success in the Classroom



A Unique One-Day Seminar Presented by

**Connie L. Hébert**

Recognized Presenter, Outstanding Teacher,  
Classroom-Based Consultant and Trauma Expert

Specifically Designed for Educators Serving Grades PK-12: General Education Teachers, Special Education Staff, Counselors, Instructional Assistants, Program Specialists, Title I Staff, School Psychologists, and Administrators

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**Highly effective, classroom-tested Trauma-Informed strategies** to help you make a real difference with students affected by trauma

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**Practical strategies for creating supportive Trauma-Sensitive classrooms** where students can thrive and learn at their best

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**How to strengthen attention, self-regulation, working memory, executive function,** and other deficits commonly associated with childhood and adolescent trauma

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**Ways to optimize Trauma-Sensitive strategies and tailor Trauma-Informed interventions** to students' specific needs for improved instructional, behavioral and academic outcomes

## Michigan

**Detroit** (Romulus) – December 4  
**Grand Rapids** – December 2

## Missouri

**St. Louis** (Clayton) – December 5  
**Springfield** – December 6

## Ohio

**Toledo** (Rossford) – December 3

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CEUs and Graduate Credits Available  
See page 6 for details

*"Excellent presentation and invaluable material! So many practical ideas I can use right away!"*

– ANITA NAVAMO, COUNSELOR

# Ten Key Benefits of Attending

*'This is the most practical seminar I have attended. I came with the hope of helping one student and I'm taking away strategies for my entire class.'*

— JESSICA DARLING, TEACHER



## Who Should Attend

Educators Serving  
Grades PK-12: General  
Education Teachers, Special  
Education Staff, Counselors,  
Instructional Assistants,  
Program Specialists, Title I  
Staff, School Psychologists,  
and Administrators

- 1. Highly Effective, Classroom-Proven Trauma-Informed Strategies**  
More than ever we see students greatly impacted by trauma ... Gain the essential tips, tools and strategies you need in order to make a marked difference in the lives of grades PreK-12 affected by trauma
- 2. Learn to Identify the Signs, Symptoms and Types of Trauma**  
Examine trauma symptoms and associated behaviors in order to recognize when and how best to provide appropriate interventions ... Decrease stress and increase student engagement and learning
- 3. Build Your Toolkit of Trauma-Sensitive Interventions and Approaches**  
Gain a plethora of Trauma-Informed tools, approaches and interventions to improve instructional, behavioral and academic outcomes of the students affected by trauma with whom you work ... Learn how to optimize strategies and tailor interventions to students' specific needs
- 4. Support Students Who Have Experienced Trauma Across Diverse Settings**  
Discover highly effective strategies that can be used across various settings at school, from small group to whole group, from inside to outside the classroom ... Ways to set up supports beyond the classroom so students and staff can successfully access them
- 5. Help Students Affected by Trauma Move from Learning-Blocked to Learning-Ready**  
Acquire the key and necessary components your Trauma-Affected students need in order to jump the hurdles that trauma presents ... Learn practical ways to strengthen students' attention, self-regulation skills and more!
- 6. Gain Valuable Tools to Use with Your Most Challenging Students Affected by Trauma**  
Develop a plan that includes Trauma-Responsive supports for students who act out because of their trauma background ... Learn Trauma-Responsive classroom strategies and ways to keep students engaged and focused to maintain their learning momentum
- 7. Essential Self-Care Practices for Staff Working with Students Affected by Trauma**  
Gain a variety of important self-care practices to help staff avoid developing secondary traumatic stress symptoms ... Ways we can remain at our best and avoid burnout, so we can continue to help students affected by trauma
- 8. Establish Consistent Structures and Responses to Support Student Success**  
Design your own response continuum to ensure the consistency that students from trauma need ... Receive valuable tools for helping teams respond with greater consistency for successful implementation of these effective, evidence-based practices
- 9. What Effective Trauma-Informed Classrooms Do Differently**  
Examine proven tools, interventions and responses commonly used in classrooms that are most effective in supporting and responding to students with a trauma background ... Here's how!
- 10. Receive a Valuable and Extensive Trauma-Informed Strategies Resource Handbook**  
You will receive a detailed resource handbook, specifically designed for this seminar and filled with practical, classroom-proven Trauma-Informed strategies, ideas and approaches for helping students from grades PreK-12 who have experienced trauma

# Outstanding Strategies You Can Use Immediately

## What You Will Learn ...

- **Highly effective, classroom-proven Trauma-Informed strategies** to help you make a difference in the lives of your students who have experienced trauma
- **Discover common types of trauma** experienced by children and adolescents, plus some surprising sources of trauma
- **Help students move beyond learning-blocked to learning-ready** through key and necessary components for jumping the hurdles that trauma presents
- **Ways to avoid creating secondary traumatic stress symptoms** in grades PreK-12 students
- **Trauma-Responsive interventions** for small group, whole group and classroom settings
- **How staff can engage in vital self-care practices** to avoid developing secondary traumatic stress symptoms
- **How to address student needs and manage behaviors** often associated with trauma
- **Ways to equip students affected by trauma with important self-regulation strategies** ... Develop effective self-talk, self-monitoring, goal setting, and self-evaluation
- **Ways to enhance working memory, attention and executive function** in grades PreK-12 students with a trauma background
- **How to strengthen and build resilience** needed for students from trauma to sustain their success in the future
- **How disabilities may influence behaviors** we see from children and adolescents with trauma backgrounds
- **Effective instructional protocols and approaches** for working with students from trauma
- **Strategies for tweaking existing instructional practices** to more strategically and explicitly address the unique needs of students with traumatic stress



*'This seminar offered practical, USABLE tools and information to help me better work with and help Trauma-Affected students. I'm leaving ready to implement them tomorrow.'*

– HEATHER GOMEZ-DOUGHERTY, TEACHER

## Practical Ideas and Strategies

More than ever we see students greatly impacted by trauma in our schools. What should we do differently for such students? How can we even know which students may have trauma in their life now or in the past? How can we best help? We will explore the answers to these and many more important questions. In this one-day seminar, trauma expert, **CONNIE L. HÉBERT** will focus on effective Trauma-Informed tools, strategies, interventions and supports specifically designed for any educators who work with students affected by trauma. Discover common types of trauma that occur in children and adolescents, and learn to recognize the symptoms and behaviors associated with children or adolescents who have experienced trauma. The focus of this seminar will be on practical and proven Trauma-Informed approaches, strategies, and interventions educators can powerfully use in their work with students. All the approaches Connie shares are geared toward improving instructional, academic and behavioral outcomes of PreK-12 students impacted by trauma. We will also explore key cautions for staff in avoiding the creation of secondary traumatic stress for students, as well as how to engage in self-care to avoid secondary traumatic stress in staff. **You will leave this seminar with a renewed commitment and an expanded toolkit of valuable Trauma-Informed strategies designed to make a difference with students impacted by trauma.**



# A Message From Seminar Leader, Connie L. Hébert



## Uniquely Qualified Instructor

**CONNIE L. HÉBERT** is a recognized presenter with extensive experience as an educator, consultant and Trauma-Informed strategies expert. She brings years of experience as a grades K-12 teacher, classroom-based consultant coaching grades PreK-12 educators, and a systems level consultant. Having worked in public, private and charter school settings, Connie knows what works and what doesn't in terms of supporting educators in providing targeted and effective Trauma-Informed interventions for students from trauma backgrounds. She has received awards for her work and served in leadership roles at state and regional levels. Connie is a published author and a frequent contributor to a variety of publications and resources. Connie is also the author of, *TRAUMA-INFORMED Strategies to Support Student Success in the Classroom*, the extensive resource handbook each participant will receive at the seminar. **Join Connie for a vital day full of essential Trauma-Informed strategies to truly help you make a difference in the lives of the students affected by trauma with whom you work.**

Dear Colleague:

Too many students today come to school learning-blocked when we need them learning-ready. Often this block can occur as a result of trauma. And we frequently struggle trying to identify the best ways to address behaviors and symptoms that occur in the classroom as a result of trauma.

What I've come to learn is that as educators we possess a great deal of knowledge about effective strategies, but we often do not know how best to match these to the specific needs of our students with backgrounds of traumatic stress and experiences.

In my extensive work as both a teacher and classroom-based consultant, I have learned firsthand many effective strategies and approaches for supporting students in grades PreK-12 who are Trauma-Affected. It is my goal to share with you the best of what I have found to be effective.

I want to add doable, classroom-proven Trauma-Informed strategies to your existing repertoire of effective approaches and resources. I also want to equip you with ways to tweak and adjust the approaches, interventions and strategies you already use to strategically address the unique needs of students from trauma backgrounds.

We will explore a framework for matching strategies to student needs. We will look at Trauma-Informed methods of strengthening the impact of our instruction and feedback, and for strengthening students' working memory, attention and executive functioning skills. In my experience each of these elements are critical for our students with a history of trauma.

Please join me for a learning-rich day on this incredibly important topic! I cannot wait to share my resources and knowledge with you!

Sincerely,

Connie L. Hébert

**P.S. Students who have experienced trauma need YOU, and they need you to respond with a variety of effective Trauma-Informed approaches. I hope you will take this opportunity to gain these essential tools.**

*'In my extensive work as both a teacher and classroom-based consultant, I have learned firsthand many effective strategies and approaches for supporting students in grades PreK-12 who are Trauma-Affected. It is my goal to share with you the best of what I have found to be effective.'*

# What Your Colleagues Say About Connie L. Hébert

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**“Exceptional seminar!** I appreciate the practical application to real classrooms with tangible materials. Connie was very knowledgeable, professional and engaging. I learned more than expected and look forward to implementing these strategies in my classroom.”

Marissa Fackler, High School English Teacher

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**“Thanks for the wealth of strategies!** I was ACEs aware, but found the “know” was not translating into an intuitive “how.” Now I feel like I have many more tools to support students of trauma.”

Sheri Crooker, Instructional Coach

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**“Amazing content with widespread applications.** Relevant to my classroom and every day! Thank you so much!”

Leanna Decker, Grades 1-8 Head Teacher

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**“The knowledge Connie shared was VERY worthwhile and helpful.** I would love to attend another seminar presented by Connie.”

Chase Stevens, School Counselor



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**“This seminar was chock full of specific, practical and research-based suggestions.** I not only have many new strategies to implement – I know WHY this will help. Great job!”

Becky Fukuda, Special Ed. Paraeducator

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**“Excellent seminar! Very informative and so many useful resources, tools and strategies.** Thank you!”

Joseph Tomaselli, Assistant Principal

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**“Connie was fabulous, very engaging and knowledgeable.** Thanks for all the valuable resources!”

Laura Watson, Teacher

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**“Connie shared so many great strategies that I can use** in my classroom. Thank you!”

Greg Vaughn, Teacher

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**“Great information** that I’m excited to bring back to my classroom and school!”

Marianne Sletteland, Grades 4-6 Special Ed

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**“Very helpful resources** and Connie’s activities really solidified the concepts and learning.”

Theresa Countryman, Academic TOSA

# Special Benefits of Attending



## Online Learning

BER offers educators a wide range of online courses that are affordable, fun, fast, and convenient. BER is now offering On Demand Video-Based courses. You may earn optional graduate-level credits for most courses. See the catalog of available courses at [www.ber.org/online](http://www.ber.org/online)

## On-Site Training

Most BER seminars can be brought to your school or district. See the options at [www.ber.org/onsite](http://www.ber.org/onsite) or call 877-857-8964 to speak to one of our On-Site Training Consultants.

## Can't Attend? Other Professional Development Options:



### Related Online Courses

Two related On Demand Video-Based Online Learning courses, *Restorative Discipline: Help Students Improve Their Behavior and Strengthen Their Learning*, for Grades K-12, and *Discipline Strategies for Dealing with Challenging, Difficult Students*, for Grades K-2, Grades 3-6, and Grades 6-12, are available for immediate registration.

To enroll, visit [www.ber.org/online](http://www.ber.org/online)



## Extensive Trauma-Informed Resource Handbook

Each participant will receive an extensive resource handbook specifically designed for this seminar. The handbook includes:

- An effective framework for matching student needs to interventions, strategies and supports
- Easy-to-implement, classroom-proven strategies and interventions to help students move from learning-blocked to learning-ready
- Samples, templates and materials to use with students and for team planning, collaboration and documentation
- Fact sheets, reference guides and strategy protocols for trauma and resilience—all ready to copy and share

## Meet and Share

This seminar provides a wonderful opportunity for participants to meet and share ideas with other educators interested in supporting students affected by trauma.

## Consultation Available

Connie Hébert will be available at the seminar for consultation regarding your questions and the unique needs of your own program.

## Meet Inservice Requirements / Earn State CEUs

Participants will receive a certificate of participation that may be used to verify continuing education hours.

## CEUs Available:

### Michigan

MI SCECH Available (5 Hours)

### Missouri

MO Inservice Credit Available with Prior District Approval  
5 IL PD Clock Hours Available in St. Louis

### Ohio

OH CEUs Available with District Approval  
MI SCHECH Available (5 Hours)

## Earn One to Four Graduate Semester Credits



CHAPMAN UNIVERSITY SYSTEM

Up to four graduate level professional development credits are available with an additional fee and completion of follow-up practicum activities. Details for direct enrollment with Brandman University, part of the Chapman University system, will be available at this program.

# TRAUMA-INFORMED Strategies to Support Student Success in the Classroom

## Registration (DTY0F1)

- 1. **Detroit** (Romulus), **MI** – December 4, 2019
- 2. **Grand Rapids**, **MI** – December 2, 2019
- 3. **St. Louis** (Clayton), **MO** – December 5, 2019
- 4. **Springfield**, **MO** – December 6, 2019
- 5. **Toledo** (Rossford), **OH** – December 3, 2019

FIRST NAME	M.I.	LAST NAME
<hr/>		
POSITION, SUBJECT TAUGHT	GRADE LEVEL	
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SEMINAR LOCATION NUMBER: _____ (Please see list above)		

### List additional registrants on a copy of this form

SCHOOL NAME	
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SCHOOL MAILING ADDRESS	
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CITY & STATE	ZIP CODE
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SCHOOL PHONE NUMBER	HOME PHONE NUMBER
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**Registration confirmations are sent via e-mail.**  
**If you would like a confirmation, please provide your e-mail address.**

E-MAIL ADDRESS	
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HOME MAILING ADDRESS	
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CITY & STATE	ZIP CODE
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**IMPORTANT: PRIORITY ID CODE: EDTY0F1**

## METHOD OF PAYMENT – Team Discount Available

The registration fee is \$279 per person, for teams of three or more registering at the same time, the fee is \$259 per person. **Payment is due prior to the program.** No cash please.

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## FOUR EASY WAYS TO REGISTER:

 REGISTER ONLINE at: [www.ber.org](http://www.ber.org)

 FAX this form to: **1-425-453-1134**

 PHONE toll-free: **1-800-735-3503** (Weekdays 6 am - 5 pm Pacific Time)

 MAIL this form to: **Bureau of Education & Research**  
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Bellevue, WA 98009-9668

## Program Hours

All seminars are scheduled 8:30 a.m. - 3:15 p.m.  
Check-in 8:00 a.m. - 8:30 a.m.

## Fee

The registration fee is \$279 per person, \$259 per person for groups of three or more registering at the same time. Call us at 1-800-735-3503 for groups of ten or more. **Payment is due prior to the program.** No cash please. Fee includes seminar registration, morning coffee and tea, a personalized certificate of participation, and an extensive resource handbook.

## Meeting Sites and Hotel Accommodations

Seminars will be held at the following sites:

- Detroit: Hilton Garden Inn – Airport, (734) 727-6000
- Grand Rapids: Crowne Plaza, (616) 957-1770
- St. Louis: Clayton Plaza Hotel – Clayton, (314) 726-5400
- Springfield: Residence Inn, (417) 890-0020
- Toledo: Hampton Inn & Suites – Rossford, (419) 662-8800

If needed, please make your own hotel reservations by calling the appropriate hotel listed above.

## Cancellation/Substitutions:

100% of your paid registration fee will be refunded if you can't attend and notify us at least 10 days before the conference. Late cancellations will be refunded less a \$15 service fee. Substitutions may be made at any time without charge.

## Program Guarantee

We stand behind the high quality of our programs by providing the following unconditional guarantee: If you are not satisfied with this program, we'll give you a 100% refund of your registration fee.

## Further Questions

Call the Bureau of Education & Research (800) 735-3503 or visit us online at [www.ber.org](http://www.ber.org). The Bureau is North America's leading presenter of seminar training for professional educators. Programs are based on sound research, are highly practical in content and consistently receive excellent evaluations.

# TRAUMA-INFORMED Strategies to Support Student Success in the Classroom



**Best Practices to Support Students Affected  
by Trauma**

**A Unique One-Day Seminar**

**Coming to a Location Near You**



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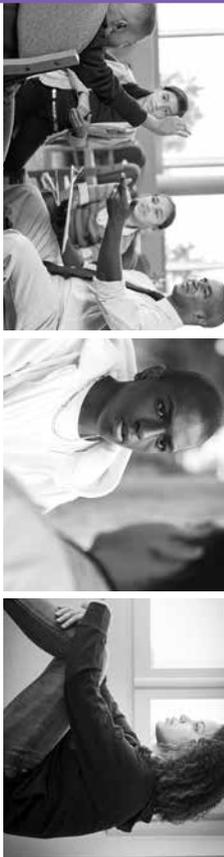
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## Practical TRAUMA-INFORMED Strategies to Support Student Success

DTY0F1



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Presented by

### Connie L. Hébert

Outstanding Teacher, Classroom-Based Consultant  
and Trauma Expert

**Highly effective, classroom-tested Trauma-Informed strategies** to help you make a real difference with students affected by trauma

**Practical strategies for creating supportive Trauma-Sensitive classrooms** where students can thrive and learn at their best

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