

RETURN TO SCHOOL TRAINING

Understanding the impact of Covid-19 within a trauma framework
Support students and staff within this framework

Aims of the training:

1

To enhance understanding for staff on how Covid-19 and subsequent restrictions has impacted

- Themselves (increase awareness of their own emotional wellbeing and mental health)
- Their students

To develop a broad understanding of trauma and its impact on our emotional, physical, mental and social health

- Understanding that for some (vulnerable) young people, transitions/changes are traumatic

2

3

To understand and apply a trauma framework to Covid-19 restrictions, understanding the 'pre-conditions for trauma' that have been created by the pandemic;

- Lack of predictability
- Immobility (lack of agency/control)
- Loss of connection
- Numbing and spacing out
- Loss of sense of time and sequence
- Loss of safety
- Loss of sense of purpose

To understand how different young people have been impacted differently

- Exposure to, for example, disadvantaged environments, loss, anxiety around parent work/getting sick, pre-existing history of trauma

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5

To understand behaviours using this trauma lens and to provide support and strategies accordingly

- To recognise signs that a student may be presenting with trauma symptoms
- To recognise that not using a trauma-informed approach may perpetuate cycles of trauma for the young person if difficulties are not appropriately supported (e.g. practices of exclusion particularly damaging to a young person who has experienced trauma)