

# MENTAL HEALTH IN SCHOOLS LEARNING SERIES

## Trauma Strand

### **Becoming Trauma Invested**, An Interview with Kristin Souers, MA LMHC

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#### Webinar Summary:

In this session, Dr. Goodman-Scott will provide a brief overview of Multi-tiered Systems of Supports (MTSS) as applied to school mental health providers (e.g., school counselors, school psychologists, and school social workers). Then, the majority of this session will be used to provide suggestions for the 2020-2021 K-12 school re-entry process.

#### Resources and References:

- Book 1: [\*Fostering Resilient Learners\*](#) (Souers & Hall – ASCD, 2016)
- Book 2: [\*Relationship, Responsibility, and Regulation\*](#) (Souers & Hall – ASCD, 2019)
- QRG #1: [\*Quick-Reference Guide: Creating a Trauma-Sensitive Classroom\*](#) (Souers & Hall – ASCD, 2018)
- QRG #2: [\*Quick-Reference Guide: Trauma-Invested Practices to Meet Students' Needs\*](#) (Souers & Hall – ASCD, 2019)
- Fostering Resilient Learners: Strategies for creating a trauma-sensitive classroom environment (ASCD, 2016)
- Relationship, Responsibility, and Regulation: Trauma Invested Practices for Fostering Resilient Learners (ASCD, 2019).
- The Whole Brain Child by Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D.

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#### Discussion Guide:

- As you hear the definition of trauma that Kristin has shared with you, how have you experienced trauma in your professional life? What impacts did that have?
- With the current situation in our world and country, has your experience of trauma and definition changed? How so?
- In Kristin's brief overview of the research, which aspect invited curiosity and had you wanting to learn more?
- Where are your practices in terms of trauma informed and trauma invested? What evidence supports that opinion? What areas do you have room for growth and what areas are you feeling validated and supported?
- What are you actively doing to create a Culture of Safety for your colleagues, your students and your families?
- What aspect of the interview resonated with you the most? How can you share that learning with a colleague?