

Trauma-Informed Practices

Trauma-Informed Practices is an interactive role-play simulation for PK-12 educators to build skills, confidence, and empathy that better support students whose behavior might be related to sources of trauma or distress.

Learning Objectives

- ✓ Increase knowledge and awareness about the types of experiences that can cause distress or trauma, and how these relate to brain development
- ✓ Recognize when a student's behavior might be the result of trauma or distress
- ✓ Lead conversations with a student about how they might be feeling
- ✓ Problem-solve ways that their class or school can become a more comfortable place for students who have experienced trauma
- ✓ Assess the need for referral, motivating students to seek help when needed
- ✓ Consider educators' own needs for self-care



Learners interact with Virtual Humans through interactive conversations



Market
PK-12



Audience
Educator



Topic
Adverse Childhood Experiences (ACEs), Mental Health & Well-being, Trauma-Informed Teaching



Duration
30 Minutes



Overview

According to the 2016 National Survey of Children's Health, nearly 35 million children and teens in the U.S. have experienced at least one type of serious childhood trauma. Preparing school staff to recognize and respond to students who have experienced adverse childhood experiences is essential for each student to achieve their potential.



Trauma-Informed Practices educated teachers and staff about the effects of trauma and children and the developing brain. It prepares users to spot warning signs of trauma, lead real-life conversations with students, improve their experience in class, and explore making a referral to a mental health professional. Users will have access to customized national, local, and school-specific resources in addition to simulation content.

Features

- ✓ Fully-hosted solution deployed to users in less than one week
- ✓ Technical assistance and outreach templates to drive adoption
- ✓ Usage reports and customizable online surveys to support program evaluation
- ✓ Customizable list of local and national mental health resources
- ✓ Discussion guides to support blended delivery with in-person workshops
- ✓ Certified for 1.0 ANCC CNE contact hours

Fort Worth ISD Uses Kognito to Create Safer Schools

“Not only are we using funding to acquire and to adopt professional development, but we also use it to strengthen our curriculum.”

– Dr. Roina Baquera, Director,
Health and Physical Education Department



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