



• **Fostering Resilient Learners** •
Creating Trauma Sensitive School Communities

Presenters: Joelle van Lent, Psy.D. and Gillian Boudreau, Ph.D.

Audience: *Educators, administrators, special educators, speech and language pathologists, occupational therapists, physical therapists, paraprofessionals, behavioral interventionists, and school counselors serving children and families in Vermont Schools. Any level of prior training is accepted.*

Description: This training is designed from current research on the key components and protective factors that foster resilience in children who are contending with a wide variety of stressors including developmental trauma, mental health challenges, intellectual and learning variations, developmental disabilities, and chronic adversity within their environment. Dr. van Lent and Dr. Boudreau will identify key elements and approaches for creating environments in which children can thrive. The training will include an in-depth discussion of the impact of early neglect and trauma on a child's development, specifically the child's ability to form healthy relationships, respond to context, engage in learning, and develop a positive self-concept. Included in the training will be a comprehensive framework and set of skills in mindfulness techniques and their utility in increasing trauma sensitivity. The strategies and techniques presented in this course can be applied universally and as Tier I interventions to benefit all students in the school community.

Dates and details:

March 16, 2018: *Addressing and Reducing Fear and Distress in Students and Teams*

April 12, 2018: *The Many Uses of Mindfulness in Building Resilient Learners*

Workshop/Course Days 3 and 4 will be provided by Dr. Boudreau and will focus on the impact of fear and anxiety in maintaining individual and systemic traumatic responding, as well as ways to use mindfulness and many other specific strategies to improve emotional regulation, interpersonal connection, and effective programming for individuals and schools. Specific insights into vicarious trauma and compassion fatigue and skills to reduce the impact of these among educators will also be provided.

Workshop: Workshops 3 and 4 package - \$380 (no single workshops)

Location: Capitol Plaza Hotel, Montpelier, VT

Times: 8:30 - 3:30

Approved CEUs for social workers through NASW-VT 

Please inquire with Capitol Plaza reservations (802-223-5252) about discounted hotel rates for the evening prior to this event.

Use our [website](#) for registration, and [Facebook](#) and [Twitter](#) for additional news, resources, articles, etc.