



• **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, school nurses, 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:

- Workshop #1: Fostering Resilient Learners: Creating Trauma Sensitive Communities (January 15, 2019)
- Workshop #2: Fostering Resilient Learners: Essential Skills & Protective Factors (February 15, 2019)
- Workshop #3: Addressing and Reducing Fear and Distress in Students and Teams (March 14, 2019)
- Workshop #4: The Many Uses of Mindfulness in Building Resilient Learners (April 9, 2019)
- May 17, 2019 (Final date for course takers only) Fostering Resilient Learners: Panel with Experienced Educators & Action Plan Presentations

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Workshop/Course Days 1 and 2 will be provided by Dr. van Lent and will focus on the impact of toxic stress on healthy development, the science of resilience, and techniques to improve executive functioning skills in all students.

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.

Day 5, facilitated by both Dr. van Lent and Dr. Boudreau, is a course day only. It will include a panel discussion, wrap up comments and questions, and project presentations.

Joelle van Lent is a licensed psychologist with over 20 years of experience working with children, families, and child serving agencies. Dr. van Lent has expertise as a therapist, clinician, evaluator, consultant, and trainer. Her work focuses on child and adolescent mental health, family therapy, trauma, and Autism Spectrum Disorder. Dr. van Lent's approach is geared toward fostering resilience and creating communities that support healthy development. She is currently in private practice based in the northwestern part of Vermont and works across the state with schools and agencies. The Child Trauma Academy acknowledges that Dr. van Lent has completed NMT Training Certification through the Phase II level.

Dr. Gillian Boudreau is a licensed clinical psychologist and licensed school psychologist. She has spent years as a clinician in therapeutic and hospital-based schools in New York City and developed and directed a school-based initiative in Vermont providing intensive behavioral programming in public elementary schools. Dr. Boudreau is currently in private practice offering therapy to children adults and families. She provides extensive consultation and training to schools and agencies in Vermont and NYC in order to create environments beneficial to students with backgrounds including trauma and Autism Spectrum Disorder. Dr. Boudreau's approach to fostering resiliency and creating trauma-informed settings centers on addressing and reducing patterns of fear within individuals and systems in order to foster authentic connection and healthy learning and development.

Workshop Options:	Workshops 1 and 2 package - \$380; Workshops 3 and 4 package - \$380 (no single workshops); Workshops 1, 2, 3, 4 - \$650
Course:	\$1590 for 3-graduate credits
Location:	Trader Duke's - South Burlington, VT
Times:	8:30 - 3:30

Approval pending for 12 - 24 hours of CEUs with the Vermont Board of Psychological Examiners

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