



• **Transforming Trauma and Improving Well-being during Crises: Helping Schools Become Healing Places** •

A Webinar Series with Dave Melnick, LICSW

Target Audience: *These webinars will be accessible to anyone in the educational community interested in gaining foundational learning in Trauma and Traumatic Stress. Paraprofessionals, instructional assistants, and other support staff are encouraged to attend.*

This five-part webinar series will focus on the foundations of stress and traumatic stress, particularly within the context of COVID-19. While we are all dealing with a worldwide pandemic, a secondary public health crisis is emerging where vulnerable populations (especially children and teens) are being exposed to unprecedented stressors. Integrating science, direct experience with youth and families, and resilience factors, we will examine strategies to improve staff and student well-being. Each webinar will include a teaching segment, well-being ideas, and an opportunity for participants to ask questions.

Webinar #1: May 21, 1:00 -3:00

Foundational Understanding for Trauma Transformation: Stress, Trauma and the Context of Harm

We will study stress, traumatic stress, and suffering, and examine the ways that humans can thrive in certain types of adverse conditions. We will also look at the events, experiences and effects of stress from multiple angles—neurobiological, interpersonal, and individual.

Webinar #2: May 28, 1:00 - 3:00

Stress, Stress Regulation and Resilience in Times of Crisis

We will focus on the COVID-19 pandemic and the stress response system. Knowledge of and understanding about stress is a critical first step in contextualizing the human response to adverse experiences, and offers a clear window into how to regulate ourselves and our youth/families when we become upset, reactive, avoidant, and detached. We will then focus on specific tasks to improve our well-being and recovery from extreme stressors, with an emphasis on connections and relational health.

SEE PAGE 2 FOR MORE INFORMATION

Dave Melnick, LICSW, has been a clinical social worker for 30 years, working with children, teens, families, and adults. Dave has also provided consultation and training to more than 75 schools in Vermont over the past decade. He is a highly respected trainer and consultant and is known for providing sound clinical information and practical strategies to professionals and caregivers. Dave is the Director of Outpatient Services at Northeast Family Institute (NFI Vermont).



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



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Webinar #3: June 1, 1:00 - 3:00

Core Capacities for Transforming Trauma: Reflecting and Reframing

With a new foundation in the understanding of stress and traumatic stress, we will begin to study specific interventions and core capacities that help transform the negative effects of trauma into resilience, relational health and well-being. Our initial focus will be on reflective practice - the ability to take a discerning look at our own beliefs, thoughts, motives, and actions. As we all become more adept at self-examination, we can then begin to reframe, or re-categorize what we are seeing in our students. The ability to “see a different version” of a student provides immense opportunity to change the patterned way we often interact with them.

Webinar #4: June 5, 1:00 - 3:00

Core Capacities for Transforming Trauma, continued: Stress Regulation and Upstream Interventions

We will carefully re-examine stress and ways to use preventive, early intervention and “upstream strategies” to reduce the impact of post-traumatic stress.

Webinar #5: June 10, 1:00 - 3:00

Ending, Beginnings, and Re-Establishing the School as Community

The necessary closure of school due to the pandemic has left a wake of sadness, missed opportunity, and uncertainty for many; it has also provided moments of hope and a chance to create new meaning in our work with youth. The transition back to school will be an unparalleled opportunity to build a more responsive, resilient, and relational community of learners and teachers. In the final webinar, we will discuss ways to provide some closure to students as the school year ends, as well as consider ways to re-establish the school as a community when starting the 2020-21 academic year.

\$260 for the series

Professional Learning Hours for the series: 10
Registration will be limited.

[Register Here](#) for the live webinar series, which includes access to the entire set of webinar recordings, available after June 15.

[Register Here](#) for the set of webinar recordings (no live access), which will be available after June 15.



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