

Miss Kendra Program – Introductory Professional Development Series



Each of these 2-hour in-service sessions provides your staff with the basic introduction to and most relevant information about trauma-informed education, and helps prepare them for implementation of trauma-informed SEL programs in your school.

Taught by experienced members of the Miss Kendra Program Team, usually in an online format, these seminars include time for questions/discussion, as well as all supplementary materials.

Cost: Each module costs \$500 per session, up to a limit of 30 people. You can sign up for any of these by clicking [here](#).

Applying to become a Miss Kendra Program: The first three seminars meet the requirements for professional development for teaching staff. The second two seminars satisfy the requirements for advanced training for school leadership.

Introductory Seminars:

Screening and Discussion of the Documentary: *Resilience: The Science of Stress and the Biology of Hope*, directed by James Redford. This one-hour movie beautifully tells the story of the science behind toxic stress, the discovery of the impact of Adverse Childhood Experiences (ACEs), and illustrations of several innovative programs, including the Miss Kendra Program. After the movie, our staff will lead a discussion with your staff and answer questions.

3 Things You'll Learn

- What lifelong impacts do ACEs have, both medically and psychologically.
- Why early identification of trauma is so critical.
- How can the knowledge about ACEs be applied in real world settings.

Introduction to Trauma: Trauma and toxic stress are the single major cause of youth disengagement in our schools today. In this session, we will present the basics of trauma informed care and make the case for trauma-informed practices in school-based settings.

3 Things You'll Learn

- Trauma and toxic stress are pervasive.
- Trauma inhibits students' executive functioning as well as their mental and physical health.

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- Confronting avoidance is essential to creating trauma-informed schools.
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Understanding and Identifying Trauma: Students often bring their trauma with them to school and enact it in the classroom setting. In this session break down how trauma impacts the individual and how to identify it in your students' behavior.

3 Things You'll Learn

- Layers of the traumatic experience.
 - How trauma schemas distort perception.
 - A verbal intervention for de-escalation.
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Advanced Seminars

Vicarious Trauma: Secondary exposure to traumatic stress stifles the teacher's capacity for creativity and spontaneity in their classrooms. In this session, we will discuss the impact of secondary exposure to trauma on teacher's wellbeing and offer preventive practices to set in place.

3 Things You'll Learn

- Differentiate vicarious trauma from compassion fatigue or burnout.
 - Learn how to identify when you are experiencing or leading to vicarious trauma.
 - Identify and set in place preventive practices for self- and community- care to combat the effects of vicarious trauma.
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Fortifying Student-Teacher Relationships: In this session, we will discuss how to fortify your passion for teaching and youth through the trauma-informed Miss Kendra Programs model. Basics of the Miss Kendra trauma model will be presented

3 Things You'll Learn

- How to deepen your relationships with your students via open conversation.
- How to effectively validate students lived experiences.
- How to connect students lived experiences to their learning.