TRAUMA-INFORMED TEACHING

AMY CHAN HILTON, PH.D.
CENTER FOR EXCELLENCE IN TEACHING & LEARNING (CETL)
amy.chanhilton@usi.edu

UNIVERSITY OF
SOUTHERN INDIANA®

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Why Trauma-informed Teaching?

Fully engage in their learning

Trauma experiences	Prevalence of trauma	Inequity of trauma

Impacts to learning

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Possible Impacts to Learning due to Trauma

📉	Decreased performance in coursework
🔍	Inability to focus
⚙️	Change in behavior
📶	Reduced bandwidth to process information

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Trauma-informed Teaching Strategies

Provide	Consistency, structure, and clarity
Create	Sense of safety
Build	Trust: Instructor-student interactions
Foster	Community: Student-student interactions
Offer	Choice. Develop Empowerment
Take	Care of yourself

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Some Helpful Resources

- Trauma-Informed Teaching (Univ of Georgia): Overview of trauma, its impact on learning, teaching strategies
- Trauma-Aware Teaching Checklist (Costa): Based on the 6 principles of trauma-informed care from SAMHSA
- Crisis-Conscious Teaching Toolkit (Purdue Ft. Wayne): 4 key things to consider when teaching during a crisis
- Trauma-Informed Teaching (Keesler, Indiana University)
- Trauma-Informed Teaching and Learning (UNC Greensboro)
- Using Cognitive Empathy in the Classroom (UNC Charlotte)

- Pedagogy of Healing: Bearing Witness to Trauma and Resilience (Imad, 2021): Suggestions for 13 actions professors and other educators can take to help promote students' mental health.
- Leveraging the Neuroscience of Now (Imad, 2020): 7 ways professors can help students thrive in class in times of trauma.
- Hope Matters (Imad, 2020): 10 teaching strategies to support students & help them learn during uncertainty.

- Trauma-Informed Online Teaching (Marquart, Carello, Creswell Báez, 2020)
- How to humanize your online class, version 2.0 [Infographic] (Pacansky-Brock, 2020)

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Resources at USI

- Dean of Students Office (DOSO) at USI
  UC 1256 | 812.464.1862
    - Concerned about a Student? Submit a Care Team form
    - Financial Care Team
- Counseling and Psychological Services (CAPS)
  Orr Center 1051 | 812.464.1867 | usi.caps@usi.edu
- Public Safety at USI: 812.492.7777 and 812.464.1845 (non-emergency)

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