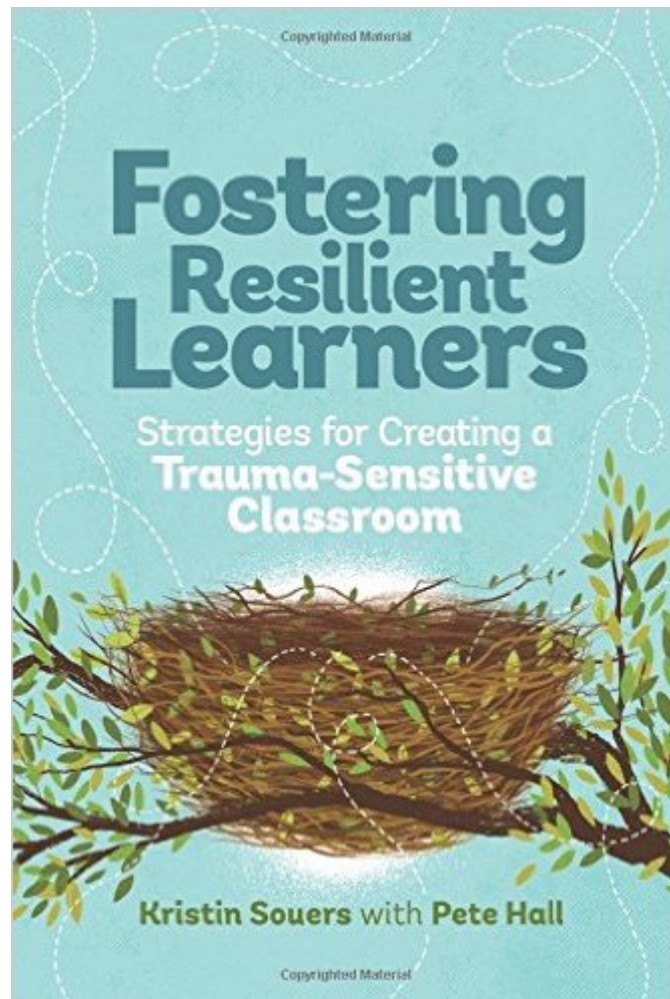


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# Fostering Resilient Learners: Strategies For Creating A Trauma-Sensitive Classroom



## Synopsis

In this galvanizing book for all educators, Kristin Souers and Pete Hall explore an urgent and growing issue--childhood trauma--and its profound effect on learning and teaching. Grounded in research and the authors' experience working with trauma-affected students and their teachers, *Fostering Resilient Learners* will help you cultivate a trauma-sensitive learning environment for students across all content areas, grade levels, and educational settings. The authors--a mental health therapist and a veteran principal--provide proven, reliable strategies to help you - Understand what trauma is and how it hinders the learning, motivation, and success of all students in the classroom.- Build strong relationships and create a safe space to enable students to learn at high levels.- Adopt a strengths-based approach that leads you to recalibrate how you view destructive student behaviors and to perceive what students need to break negative cycles.- Head off frustration and burnout with essential self-care techniques that will help you and your students flourish. Each chapter also includes questions and exercises to encourage reflection and extension of the ideas in this book. As an educator, you face the impact of trauma in the classroom every day. Let this book be your guide to seeking solutions rather than dwelling on problems, to building relationships that allow students to grow, thrive, and--most assuredly--learn at high levels.

## Book Information

Paperback: 215 pages

Publisher: Association for Supervision & Curriculum Development (January 29, 2016)

Language: English

ISBN-10: 1416621075

ISBN-13: 978-1416621072

Product Dimensions: 5.9 x 0.7 x 8.9 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars Â Â See all reviews Â (11 customer reviews)

Best Sellers Rank: #16,180 in Books (See Top 100 in Books) #27 in Â Books > Education &

Teaching > Schools & Teaching > Education Theory > Reform & Policy #36 in Â Books >

Education & Teaching > Schools & Teaching > Special Education

## Customer Reviews

I've got to be honest. I didn't love this book. I thought it was very vague. Generally, her advice is: Show compassion, be flexible, don't get bogged down in the details of the child's trauma, and have clear and consistent expectations in your classroom. She talks about the 6 communications steps to

use with your students, but I didn't think they were explained clearly with examples. Think of this book more as a primer, particularly if you are new to working with students.

I can't stress how great this book is for any educator. I currently work in a Title I elementary school and as soon as I finished the book I sent out an email to my entire staff encouraging them to read it. It's that good! Kristin Souers's background is in mental health and Pete Hall's resume includes teaching and administrator. The combination equates to realistic ways to use the information they are sharing, which if we are being honest doesn't always seem to happen in professional development books. Part of why it feels do-able is because they encourage self-reflection and questioning when you find yourself in situations with a student, which I love. They also take time to explain what trauma is and what to look for in the classroom. You can read my full review here:

<https://thespiritedschoolcounselor.wordpress.com/2016/06/20/fostering-resilient-learners-a-must-read/>

This book is a must read for anyone working with students facing trauma. This book presents educators with important background information around trauma and its affects on the human brain in an easy to read format. Educators are then presented with specific tools and strategies to empower students and create a trauma-sensitive school environment. I have just purchased this book for a book study with our staff. Thank you, Kristin Souers, for your dedication to this work.

Great information and strategies for teachers and others who work with kids in poverty and from other traumatic backgrounds. I taught in a high-poverty high school for 23 years and would like to have had this information during my career. It aligns with my experiences.

A MUST read for all people working in education! It is filled with great insight on how to work with children coming from trauma and practical strategies that educators can implement immediately. This book is highly recommended!

Love, love, love this book! It is packed full of wisdom with wonderful tips on helping the vast number of children dealing with trauma in their lives on a daily basis. I could not put it down! How many books are research based and yet so readable at the same time - this one is. The practical classroom applications are spot on, and will help anyone working with children in any capacity. The

self care section was a wonderful reminder for us to always take care of ourselves - something we tend to forget in our quest to help others. I will be recommending this book to all my colleagues, and if you have not bought your copy - do it now!

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