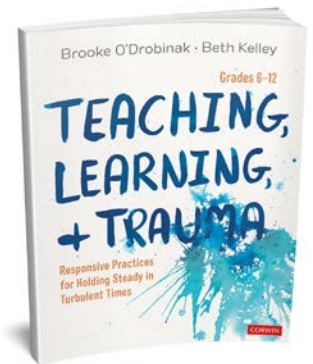


Professional Development on Teaching, Learning, and Trauma 2020-2021

The Office of Culturally and Linguistically Diverse Education

Colorado educators have an opportunity to participate in professional development provided by the Colorado Department of Education (CDE) and an author of *Teaching, Learning and Trauma* by Brooke O'Drobinak and Beth Kelley. *Teaching, Learning and Trauma* is a five-session course for educators to support the diverse needs of students and the possible impact of COVID-19. The book content focuses on the importance of intersecting teaching, learning and mental health in areas of understanding adolescent learners with chronic stress and trauma, foundations of effective practice, healthy relationships in complicated times, and conflict resolution. Beth Kelley will lead each session and it is open to district administrators, coordinators, coaches, counselors, and teachers.



The following schedule is an overview of time commitment, expectations and course work. Participants will be asked to follow the syllabus and readings from the text, *Teaching, Learning and Trauma* by Brooke O'Drobinak and Beth Kelley. The class will then come together in a community of practice through Zoom meetings to ask questions, collaborate with colleagues, discuss theories of actions on assignments, and to support the extended learning with the author. Upon completion of assignments with each virtual session participants will receive 2 professional development hours from the Colorado Department of Education.

The Purpose of this Book Study

Participants will have the opportunity to explore an integrated approach to student achievement through the fields of teaching, learning, and mental health. This timely, 5-session intensive study will guide participants through *Teaching, Learning, and Trauma: Responsive Practices for Holding Steady in Turbulent Times (6-12)*. The author will provide mini lessons accompanied by rich learning opportunities to practice and apply the content. This professional learning opportunity promises to provide participants experiences to grow, imagine, and rejuvenate as they contend with unprecedented times.

Objectives

The author Beth Kelley will conduct all five sessions of the book study virtually. She will facilitate the discussions and on-line breakout sessions. These sessions will be co-facilitated with colleagues from the CLDE office. CLDE colleagues will provide an additional lens for students that have been historically underserved, resources, reflection questions for completion of PD hours and PD hours certificates after each session, and co-facilitation of discussions. Each virtual session will conclude with written reflection questions and participants will be required to submit completed reflection responses within a two-week time frame for two professional credit hours. Upon completion of the entire professional learning and required assignments a participant will be eligible for a maximum of 10 credit hours.

About the Authors


Brooke O'Drobinak, MA, has been in secondary education for more than 25 years. Most recently, she has served in school administration for the past 13 years at a high-functioning, inner-city Denver high school. Her work is founded on the belief that students and relationships are at the heart of school communities. She also deeply values the critical roles that professional learning and leadership play in supporting all student learning. She currently provides consulting services for Diane Sweeney Consulting, Corwin, and the Public Education & Business Coalition. When she is not working with schools and districts, she enjoys being outdoors in Colorado with her husband and two sons.





Beth Kelley, MA, LPC, is a psychotherapist, who spent most of her 18-year career in schools working as a school-based therapist. Additionally, she owned a private practice, worked in community mental health, and as a clinical supervisor. Currently, Beth is a leadership coach and a consultant for schools and organizations interested in developing a more holistic human centered model. Beth is deeply committed to supporting mental wellness in school communities and businesses. When she is not working, she is hanging out with people she loves, laughing, creating, and chillin'.



Book Study:

	<p>Teaching, Learning, and Trauma by Brooke O’Drobinak and Beth Kelley</p>	<p>Learning Outcomes</p>	<p>Webinar Meetings 4:00 p.m. - 5:30 p.m.</p>
<p>Session #1: Thursday November 5, 2020 4:00pm-5:30pm</p>	<p>READ: Chapter 1: In Their Natural Habitat: Understanding and Teaching Adolescent Learners with Chronic Stress and Trauma</p> <p>Chapter 2: Self-Regulation Is the Key to Calm</p>	<p>Understand adolescence and the impacts of trauma on the brain</p> <p>Recognize trauma and its effects in the classroom</p> <p>Understand the role of self-regulation and the link to trauma</p> <p>Create the conditions for regulated classrooms/schools</p>	<p>Zoom Link will be provided to registrants.</p> <p>Response to reflection questions are due by November 19, 2020 at 12:00pm. The form to submit responses can be found here: CLDE Professional Development form.</p> <p>If you have any questions, please contact Alana Foy at foy_a@cde.state.co.us</p>
<p>Session #2: Thursday December 3, 2020 4:00 – 5:30pm</p>	<p>READ: Chapter 3: Self-Care: Check Yourself Before You Wreck Yourself</p>	<p>Design self-care plans, both individual and institutional</p> <p>Assess the cost/benefits of prioritizing self-care</p>	<p>Zoom Link will be provided to registrants.</p> <p>Response to reflection questions are due by December 17, 2020 at 12:00pm. The form to submit responses can be found here: CLDE Professional Development form.</p> <p>If you have any questions, please contact Alana Foy at foy_a@cde.state.co.us</p>

	<p>Teaching, Learning, and Trauma by Brooke O’Drobinak and Beth Kelley</p>	<p>Learning Outcomes</p>	<p>Webinar Meetings 4:00 p.m. - 5:30 p.m.</p>
<p>Session #3: January 7, 2021 4:00pm-5:30pm</p>	<p>READ: Chapter 4: Know Me to Teach Me</p> <p>READ: Chapter 5: Healthy Relationships in Complicated Times</p>	<p>Understand how creating a deep sense of belonging and connection increases student engagement and agency</p> <p>Understand the importance of healthy boundaries when working with traumatized people</p> <p>Understand how to build and cultivate healthy relationships in schools, while identifying the important role relationships play in student learning</p> <p>Establish responsive classroom practices that prioritize and foster healthy relationships</p>	<p>Zoom Link will be provided to registrants.</p> <p>Response to reflection questions are due by January 21, 2021 at 12:00pm. The form to submit responses can be found here: CLDE Professional Development form.</p> <p>If you have any questions, please contact Alana Foy at foy_a@cde.state.co.us</p>
<p>Session #4: January 28, 2021 4:00pm-5:30pm</p>	<p>READ: Chapter 6: Conflict Resolution: What to Do When Things Fall Apart</p>	<p>Identify practices and build a plan to address conflict</p> <p>Identify schoolwide policies and practices that cultivate strong school culture</p>	<p>Zoom Link will be provided to registrants.</p> <p>Response to reflection questions are due by February 11, 2021 at 12:00pm. The form to submit responses can be found here: CLDE Professional Development form.</p> <p>If you have any questions, please contact Alana Foy at foy_a@cde.state.co.us</p>

	<p>Teaching, Learning, and Trauma by Brooke O’Drobinak and Beth Kelley</p>	<p>Learning Outcomes</p>	<p>Webinar Meetings 4:00 p.m. - 5:30 p.m.</p>
<p>Session #5: February 18, 2021 4:00pm-5:30pm</p>	<p>READ: Chapter 7: Integrating it All</p>	<p>Envision a school that supports wellbeing alongside effective practices in teaching and learning</p> <p>Design a schoolwide integrated approach to teaching, learning, and trauma</p>	<p>Zoom Link will be provided to registrants.</p> <p>Response to reflection questions are due by March 4, 2021 at 12:00pm. The form to submit responses can be found here: CLDE Professional Development form.</p> <p>If you have any questions, please contact Alana Foy at foy_a@cde.state.co.us</p>

Participants can purchase the book [Teaching, Learning and Trauma](https://www.corwin.com/en-us/nam/teaching-learning-and-trauma-grades-6-12/book267153) (us.corwin.com/en-us/nam/teaching-learning-and-trauma-grades-6-12/book267153)

For Registration Assistance Contact:

[Alana Foy](#) at foy_a@cde.state.co.us

For Additional Information Contact:

[Alice Collins](#) at collins_al@cde.state.co.us or [Georgina Owen](#) at owen_g@cde.state.co.us

Additional Resources:

Resources to Support Independent Activities:

[School Safety Resource Center-Trauma Resources](#)

(www.colorado.gov/pacific/cssrc/trauma)

[Wings Foundation](#)

(www.wingsfound.org/colorado-resources/)

[The Center for Trauma and Resilience](#)

(www.traumahealth.org)

[COACT Colorado](#)

(coactcolorado.org/trauma)