



Healing Centered

Schools: Teachers as Leaders

Sarah Taylor, LCSW
Integrated Behavioral Health Clinician
La Clínica de La Raza, School-Based Health

Welcome!

This work would not be possible without the contributions of the researchers, educators, and school leaders who imagined, created, led and practiced with me.

Roosevelt Middle School, OUSD
Vanessa Nutters
Salomeh Ghorban
Shelley Gordon
Kim Padua

Audrey Arthur
Whitney Morrow
Kathryn Bell
Sophia Frank
Hailee Lanker

Sophie Richman
Melody Or
Nikole Basquine
Suzanne Pegas
Cliff Hong
Charquita Arnold

01

Introduction to Healing-Centered Schools Curriculum



“Healing is experienced **collectively**, and is *shaped* by shared identity such as race, gender, or sexual orientation. Healing centered engagement is the result of building a **healthy identity**, and a **sense of belonging**. For youth of color, these forms of healing can be **rooted in culture** and serves as an anchor to connect young people to a shared racial and ethnic identity that is both historically grounded and contemporarily relevant.”

—Shawn Ginwright, PhD



What is “healing-centered?”

Builds on & moves us beyond “trauma-informed care”

1. Acknowledges how trauma is experienced collectively, not just individually
2. Considers how the root causes of trauma exist in the environment, not just the individual
3. Focuses on healing & restoration--not just coping with symptoms
4. Supports adult providers/health care professionals in their own healing





Curriculum

01

Trauma 101

- Defining “trauma-informed school”
- understanding trauma in the classroom

04

From Chaos to Calm (2 parts)

Theory & Practice of teaching & supporting emotion-regulation

02

Healing-Centered Schools

- Advanced training on trauma & the brain
- Intro to ‘healing-centered’

05

Safer Spaces

Developing universal response for high-impact events

03

Healing-Centered Relationships

- Culturally responsive teaching
- building learning alliances

06

Vicarious Trauma & Radical Self-Care

- Understanding Vicarious Trauma
- Planning for individual & structural care

How adults learn

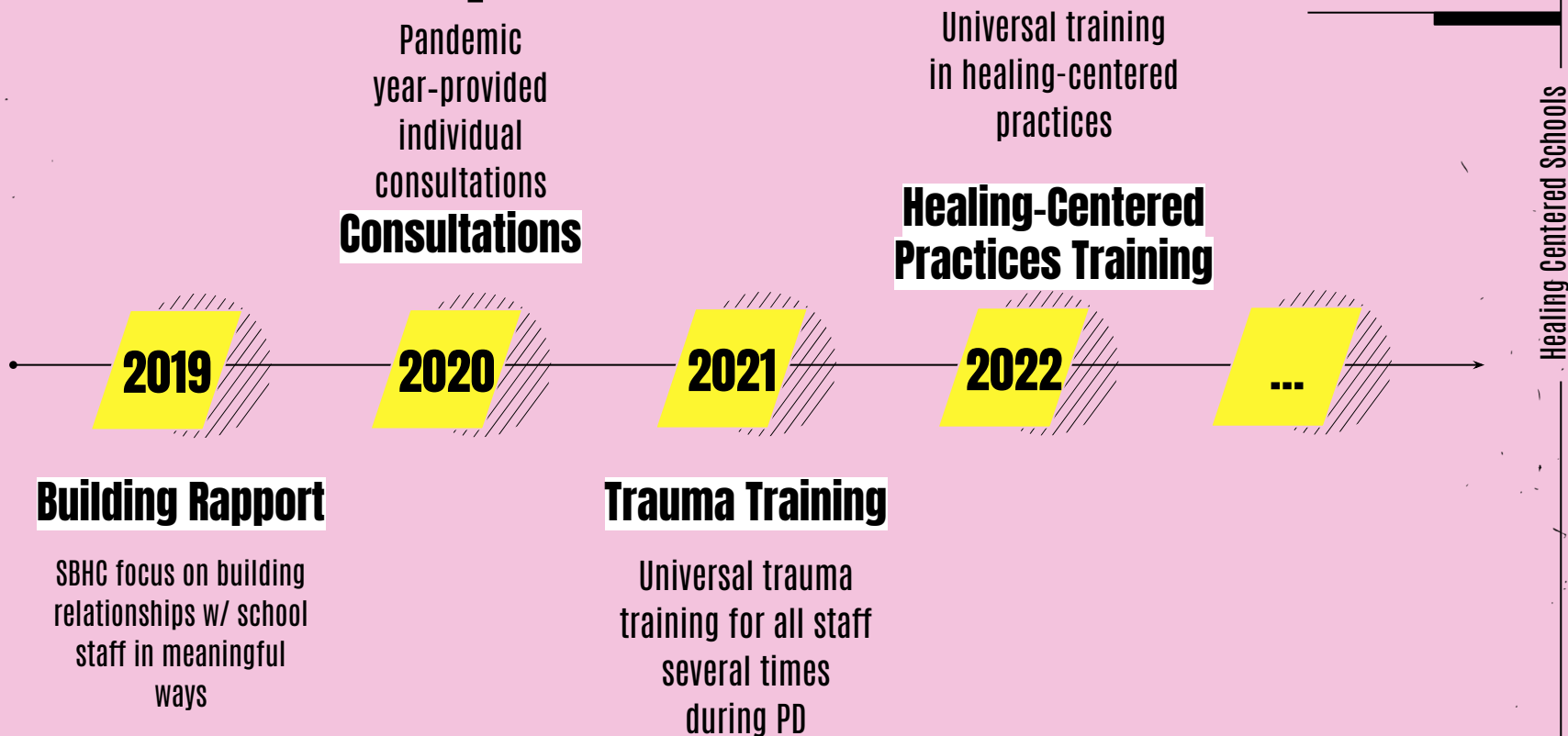
Self-Directed	Learning at one's own pace in one's own way
Experience	Adults have a breadth & depth of existing knowledge & resources to draw on.
Experiential	Focuses on developing life experience or "hands-on" learning
Readiness	Adults want to learn things that are relevant in a real-life context
Motivation	Adults are motivated by internal desires (not just money!)
Orientation to Learning	Adults are engaged by learning that is problem-focused and practical



School Example #1



School Example #2





Practice

02



**Interpretation
guides intervention**

Shifting Perspective



Student Voice

Spend some time moving or looking around the space, taking in the art & words of young people in our school community



Find a partner

When the bell rings, find a partner to debrief with.

“Since individualism is deeply rooted in the values of white supremacy, patriarchy and capitalism, it is no wonder that we fall prey so easily to isolation, burn out, and dysfunctional relationship dynamics in our movements that make equity such a confounding dilemma. We cannot afford this risk any longer. The stakes are too damn high.

If we truly want resilience in the face of collapsing social and economic systems, a racist police state, climate emergency, a toxic political environment and a culture of fragmented relationships, we must turn toward and learn from our ecology and its wisdom around co-regulation. We must understand the risks of relying on self-regulation, and instead embrace the truth of our social animal bodies: we literally depend on one another. We need to lean on the support of a wider community, and most importantly, work on being members of that community that can be leaned upon. All the effort we put into maintaining the delusion of self-regulation should be repurposed in this direction. What our ecology and our neurobiology are saying.”

–Relational Uprising





Planning

03

Project Planning

-Does trust exist between SBHC & school?

-Does the SBHC have a collaborative relationship with school staff across disciplines?

-Is the SBHC routinely utilized by school?

-Can you name at least 5 school allies?

Rapport

-Have you gathered feedback about school culture & climate?

-Have you formally assessed trauma informed school practices?

-Has assessment included all stakeholders?

Assess

-What time & resources are available to you?

-What is your capacity?

-What are the school's PD priorities?

Plan

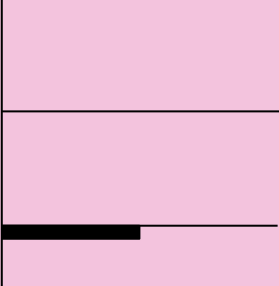
-Get it on the calendar.

-Will it be universal or cohorted?

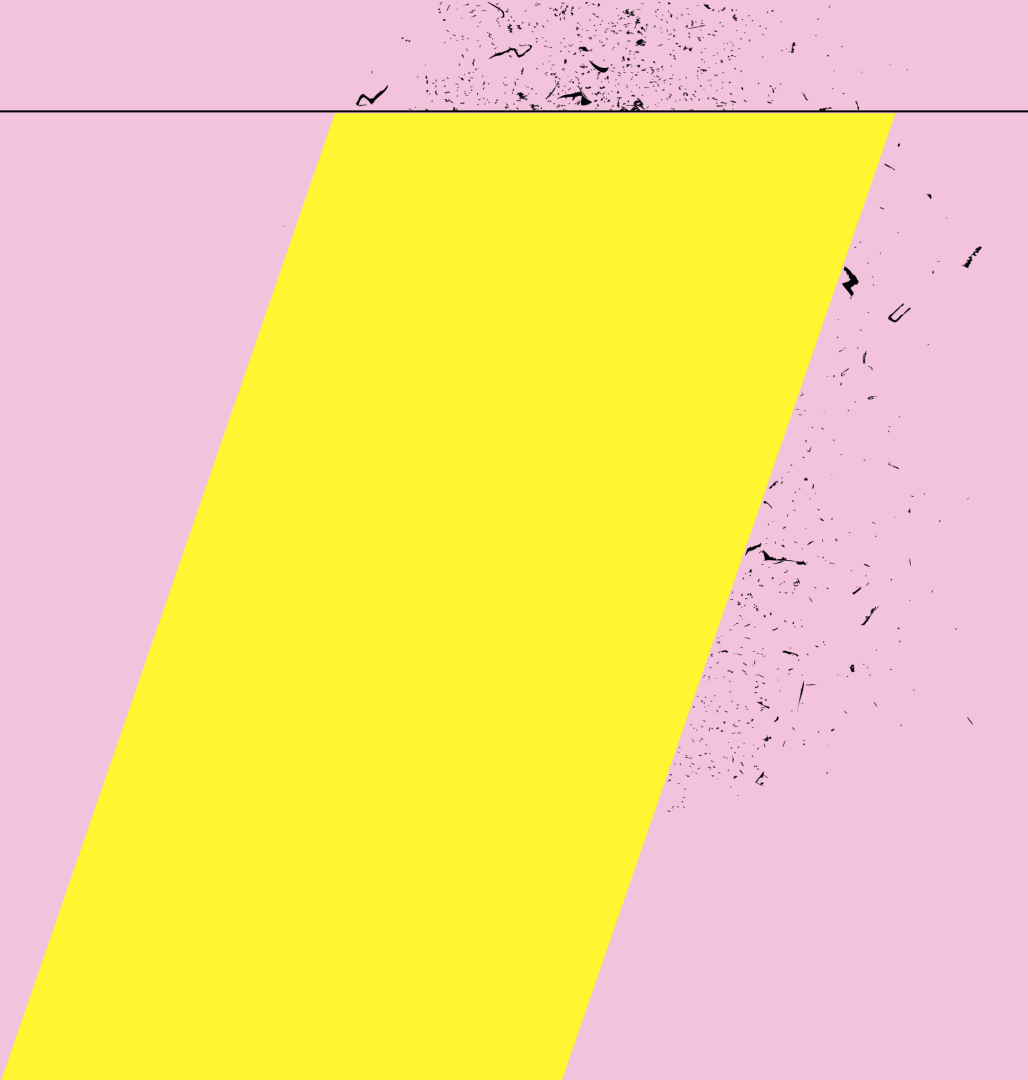
-Who will facilitate?

-Where should you start?

Implement



Q & A



Thanks!

Do you have any questions?

staylor1@laclinica.org

www.laclinica.org



CREDITS: This presentation template was created by **Slidesgo**, including icons by **Flaticon** and infographics & images by **Freepik**

Please keep this slide for attribution

References

- Ginwright, S., 2018. The Future of Healing: Shifting From Trauma Informed Care to Healing Centered Engagement. [online] Medium. Available at: <<https://ginwright.medium.com/the-future-of-healing-shifting-from-trauma-informed-care-to-healing-centered-engagement-634f557ce69c>> [Accessed 15 April 2022].
- Hammond, Z., 2014. Culturally Responsive Teaching and the Brain. [S.l.]: SAGE Publications.
- HSI. 2022. What is adult learning theory and why is it important?. [online] Available at: <<https://hsi.com/blog/what-is-adult-learning-theory-and-why-is-it-important>> [Accessed 15 April 2022].
- Instructional Design Australia. 2022. Andragogy: Adult Learning Theory - Instructional Design Australia. [online] Available at: <<https://instructionaldesign.com.au/andragogy-adult-learning-theory/>> [Accessed 15 April 2022].
- Theshapesystem.com. 2022. Trauma Responsive Schools – SHAPE. [online] Available at: <<https://www.theshapesystem.com/trauma/>> [Accessed 15 April 2022].
- Relational Uprising. 2020. Why We Need a Relational Culture of Co-Regulation. [online] Available at: <<https://relationaluprising.org/new-blog-1/2020/6/11/why-we-need-a-relational-culture-of-co-regulation>> [Accessed 15 April 2022].