

Overcoming the School Trauma Cycle

Academic and Emotional Supports for Struggling Learners

Trynia Kaufman

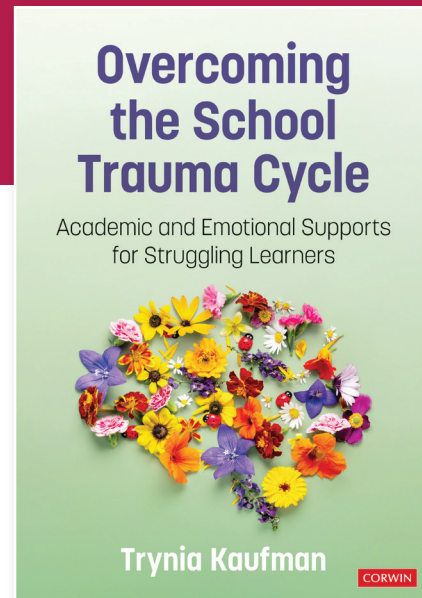
Disrupt the painful cycle of academic challenges and emotional distress

When students struggle with learning, it can be stressful for both them and their teachers. Struggling learners are more likely to experience low self-esteem, anxiety, depression, and behavioral issues—challenges that, combined with highly stressful learning experiences, can tip students into a trauma response that makes learning even harder.

Overcoming the School Trauma Cycle explores the science behind how learning occurs in the brain, how it can be disrupted, and—most importantly—how to overcome the painful cycle of academic challenges and emotional distress. Inside, you'll find:

- What the latest research tells us about how mental health issues can disrupt the learning process
- How academic and mental health challenges can fuel each other
- Manageable, whole-class practices and targeted supports to meet struggling learners' academic and emotional needs
- Opportunities to self-assess and reflect

Many schools have increased their focus on trauma-informed teaching and social-emotional learning, but these approaches are too often pitted against academic rigor when they are really two sides of the same coin. To improve outcomes for all students, we must address their social-emotional needs alongside their academic ones. In *Overcoming the School Trauma Cycle*, you'll discover empowering practices to help all students learn and thrive.



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FIVE STAR REVIEWS



"A resource for anyone who needs the basics on the neuroscience of learning and trauma."

—Rebecca Cohen,
School Counselor,
Portland Public
Schools, OR