

# Presenting...

## Teaching, Learning, and Trauma, Grades 6-12

### Responsive Practices for Holding Steady in Turbulent Times

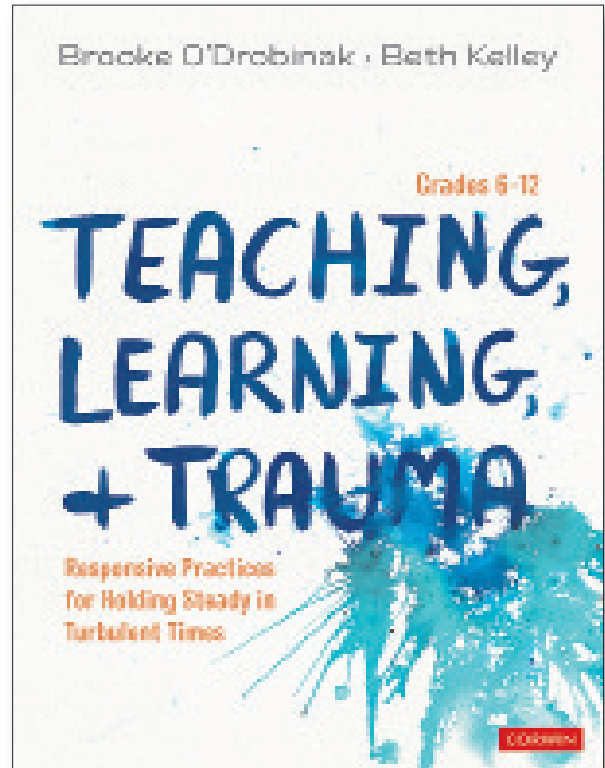
Brooke O'Drobinak, Beth Kelley

Chronic stress and trauma have startling effects on teachers and students alike. From behavior issues and emotional dysregulation to decreased readiness to learn, stress and anxiety make it difficult for students to engage, learn, and maintain healthy self-esteem. This book includes:

- Self-assessment tools to help teachers make informed decisions
- Examples of self-care plans and schoolwide policies for maintaining healthy boundaries in and out of school
- Real-world vignettes and samples of teacher work

Using a synergistic approach, this book unites compelling research data, theories, stories, and best practices from trauma-informed schools, relationship-based psychology, and effective instructional design to dissolve obstacles caused by chronic stress and trauma.

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**\$32.95**, 192 pages, ISBN: 9781544362892

*"This book goes beyond giving tips on classroom management. The authors do a great job not just focusing on student stress, but also on teacher stress and how to mitigate it. They give the educator an opportunity to step into a student's shoes while bringing in cultural awareness that extends across all races and social economic classes."*

—Kendra Simmons, Educational  
Consultant, Center for the Advancement of  
Transformative Education (CATE)



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