



TRAUMA SENSITIVE SCHOOLS PROJECT '21-'22 MIDWINTER EVENT

Tuesday, February 15, 2022 12pm-2pm

TRAUMA INFORMED COMMUNICATION

Have you ever sent or received a communication around a crisis/school event that didn't go as you intended and that induced stress in you or someone you sent it to?

Often efforts to avert miscommunication problems focus great attention on communicating clearly. This assumes that an upfront investment in spelling out the critical details of who, what, when, and where will ward off problems. While this strategy makes sense, it may not adequately consider that often the problems of communication are **not about how information is delivered but rather how information is received**. It is helpful to be aware that sometimes what really matters is the meaning-making process that is taking place inside the recipient of information. From that perspective, communication is not simply about providing **accuracy**, it is also about shaping a person's **experience**.

This session, **presented by the The School Crisis Recovery & Renewal (SCRR) Project**, will include:

- Key factors that tend to induce stress and/or reduce stress in our communication
- Learn how to apply 3 trauma-informed communication strategies
- 1-2 strategies for what to do if communication goes amiss or causes distress

Participants are invited to bring ideas, stories, and ACTUAL communications that may have inadvertently induced stress or just not gone as intended for case consultation and practice.

Participants will be actively engaged in this session, learning a useful rubric for how to reduce stress and promote healing-centered communication.

BRING TO THIS SESSION

A communication after a crisis
A communication to all staff
A communication to parents

This session is **free** to all participants. Due to the interactive nature of the workshop, it will not be recorded. Please attend live ready to participate.

Register Now! (Click here)

Session questions? Contact:

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