



## Fostering Resilient Learners: Strategies for Creating a Trauma-Sensitive Classroom

By Kristin Souers, Pete Hall



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In this galvanizing book for all educators, Kristin Souers and Pete Hall explore an urgent and growing issue--childhood trauma--and its profound effect on learning and teaching.

Grounded in research and the authors' experience working with trauma-affected students and their teachers, *Fostering Resilient Learners* will help you cultivate a trauma-sensitive learning environment for students across all content areas, grade levels, and educational settings. The authors--a mental health therapist and a veteran principal--provide proven, reliable strategies to help you

- \* Understand what trauma is and how it hinders the learning, motivation, and success of all students in the classroom.
- \* Build strong relationships and create a safe space to enable students to learn at high levels.
- \* Adopt a strengths-based approach that leads you to recalibrate how you view destructive student behaviors and to perceive what students need to break negative cycles.
- \* Head off frustration and burnout with essential self-care techniques that will help you and your students flourish.

Each chapter also includes questions and exercises to encourage reflection and extension of the ideas in this book. As an educator, you face the impact of trauma in the classroom every day. Let this book be your guide to seeking solutions rather than dwelling on problems, to building relationships that allow students to grow, thrive, and--most assuredly--learn at high levels.

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### **Editorial Review**

From the Inside Flap

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### **Users Review**

**From reader reviews:**

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**Jasmine Myers:**

The book *Fostering Resilient Learners: Strategies for Creating a Trauma-Sensitive Classroom* has a lot of knowledge on it. So when you check out this book you can get a lot of gain. The book was written by the very famous author. Tom makes some research prior to write this book. That book very easy to read you can find the point easily after looking over this book.

**Amelia Brown:**

This *Fostering Resilient Learners: Strategies for Creating a Trauma-Sensitive Classroom* is great publication for you because the content that is certainly full of information for you who all always deal with world and also have to make decision every minute. That book reveal it facts accurately using great organize word or

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