

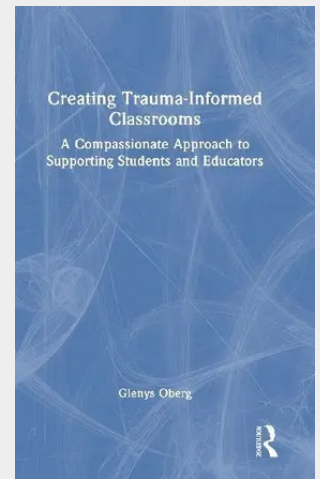
Oberg

Creating Trauma-Informed Classrooms

A Compassionate Approach to Supporting Students and Educators

This transformative guide empowers educators to create a compassionate and nurturing environment for students impacted by trauma, presenting teachers with the knowledge and practical strategies to support their students' emotional well-being and academic success. Understanding the effects of trauma on students' learning and behaviour is essential. To achieve this, this book places emphasis on empathy, understanding, and resilience as the cornerstones of trauma-informed care. The chapters show educators how to promote emotional regulation, foster resilience, and celebrate students' unique strengths. From building positive teacher-student relationships to implementing mindfulness practices and restorative techniques, the author provides practical tools and reflective exercises to create an inclusive and safe classroom environment. Through heart-warming stories and expert insights, teachers can gain a deeper understanding of their students' experiences, enabling them to respond with compassion and sensitivity. The book also encourages reflective practice and collaboration with families and communities, ensuring educators receive ongoing support in their journey to provide trauma-informed care. Whether a seasoned educator or a new teacher, this handbook equips educators to make a profound difference in their students' lives and ensures that all students feel seen and valued in the classroom.

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208,00 €

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Lieferfrist: bis zu 10 Tage

Artikelnummer: 9781032879208

Medium: Buch

ISBN: 978-1-032-87920-8

Verlag: Routledge

Erscheinungstermin: 20.11.2025

Sprache(n): Englisch

Auflage: 1. Auflage 2025

Produktform: Gebunden

Gewicht: 599 g

Seiten: 286

Format (B x H): 161 x 240 mm

