
Welcome to the Trauma Informed Training Series

We designed this professional learning series to support ALL staff, with videos, resources, and strategies you can implement right away to address the challenges you face every day.

What is the Trauma Informed training series?

The Trauma Informed Training Series provides videos and resources to help you understand and address the impact of trauma, building a culture of care that supports all students.

The Trauma Informed Training series provides:

- 8-12 minute videos designed to help you understand the ACEs research, learn strategies to create resiliency, and build a trauma-informed mindset
- Summaries and discussion guides for extended and ongoing professional learning
- Quizzes and certificates to check understanding of concepts and strategies and track progress
- Printable job-specific guides and tools for all staff roles



Getting Started with the Trauma Informed Series:

1. Log into your account using the credentials you received in your email. Change your password to something you will remember if you wish.
2. Click the **Trauma Informed Series** icon to access all content.
3. All resources display under **Training Sections**:
 - a. **Foundational Videos** build your understanding of ACEs, resiliency, regulation strategies, and how to build a trauma-informed classroom
 - b. **Concepts in Action Videos** model how to apply strategies in real-world situations
 - c. **Educator Wellness** resources provide videos and tools to help you practice meaningful self-care to support you in this often-challenging work
 - d. **Tools and Resources** provide downloadable PDFs of resources you can use in your daily practice
 - e. **Job-Specific Guides** are resources geared towards your specific role in your school and district community
4. Email support@321insight.com for additional support.