

Trauma-Informed Practices That Empower Educators, Not Overwhelm Them

Equip your staff with the clarity, confidence, and practical tools they need to support students impacted by trauma, without becoming therapists.



The Problem Schools Face

Every educator wants to support students, but trauma can feel invisible, complex, and overwhelming. Staff aren't trained to recognize signs of trauma

- Emotional outbursts are seen as defiance
- Educators take student behavior personally
- Trauma support feels like “one more initiative”
- Students aren't getting the regulation, connection, or safety they need to thrive

The result? Burnout rises. Student trust drops. And behavior worsens.

The ElevateEd Approach to Trauma-Informed Training

We help educators understand trauma without oversimplifying it and respond with tools, empathy, and structure that work in real classrooms.

This training includes:

Understanding the Impact of Trauma

Educators learn how trauma affects student behavior, brain development, learning, and relationships in a way that's clear and empowering.

Recognizing Trauma Responses

We train staff to notice signs of trauma, dysregulation, and survival behavior and how to respond without escalating.

Practical De-escalation Strategies

We give teams tools they can use immediately, including regulation routines, verbal strategies, and co-regulation techniques.

Compassion Without Burnout

We teach educators how to set boundaries, preserve emotional energy, and support students without carrying the weight alone.

System Alignment with MTSS, RP, & PBIS

We connect trauma-informed practices to your existing behavior systems and leadership strategies, so it integrates, not competes.

What You Can Expect

Schools who invest in trauma-informed training with ElevateEd report:

- More compassionate, confident staff responses
- Fewer escalations and power struggles
- Increased student trust and connection
- Greater adult resilience and self-regulation
- Stronger Tier 1 environments that support all learners

“This training was a game-changer. Our staff finally felt equipped, not just aware. And our students are showing up in new ways because of it.”
- School Counselor, K-8 Partner School

Your Next Step

You don't need to become mental health experts; you need a shared language, system, and approach.

01

Book a Strategy Call

We'll assess your needs and tailor the training for your staff and students.

02

Choose a PD

From 1-day workshops to ongoing support, we'll meet your goals and budget.

03

Support Students and Staff with Confidence

Build a trauma-informed culture where regulation, restoration, and resilience are the norm, not the exception.

[\[Book My Strategy Call \]](#)

[\[Download the Trauma-Informed Practice Starter Guide \]](#)

Common Questions

Q: Is this therapy-based?

No - this is not mental health treatment. We teach educators how to support students within their roles, while collaborating with specialists when needed.

Q: Will this overwhelm our staff?

No - our sessions are practical, hopeful, and focused on what's within their control. We build confidence, not more pressure.

Q: Can this be done virtually or in-person?

Yes - we offer flexible delivery options to meet your school or district's needs.