

Contents

1	Introduction	1
1.1	The Structure	3
1.2	Teacher Support	3
1.3	Multitiered Systems	4
1.4	Visual Demonstrations	5
1.5	Teacher–Student Relationship	6
1.6	RCEM Versus Critical Reflection	7
1.7	Definition of Trauma	8
1.8	Impact of Trauma on Learning	9
1.9	Trauma and Attachment	10
1.10	Ecological Approach	11
	References	11
2	Framework Overview	17
2.1	Teacher Agency	18
2.2	Evidence-Based	18
2.3	The Pedagogies	20
2.4	Reflection	20
2.5	Staged Approach	21
2.6	Key Messages	23
2.7	Understanding the Student	24
2.8	Research	25
2.9	Links to Simulations: Breathing Underwater	27
2.10	Administration Support	28
2.11	The Structure	29
2.12	Teacher Record	30
2.13	Summary Table	31
	References	33

3	Relationships	35
3.1	Definition	36
3.2	Link with Trauma	37
3.3	Trauma and Attachment	37
3.4	Trauma and the Teacher	38
3.5	Enabling Peer Relationships	38
3.6	Enabling Academic Progress	38
3.7	Home, School, Peers	39
3.8	One Trusted Adult	39
3.9	Connect with Family	41
3.9.1	Key Task: Develop Trust	43
3.9.2	Key Research	46
3.9.3	Key Message	47
3.9.4	Key Indicators	49
3.9.5	Reflective Tasks	50
3.9.6	Video Link	51
	References	55
4	Safety	59
4.1	Definition: Psychological, Emotional and Cultural Safety	60
4.2	Psychological Safety	60
4.3	Emotional Safety	61
4.4	Cultural Safety	61
4.5	Safety in the Environment	62
4.6	Link with Trauma	62
4.7	Predictable Environment	63
4.8	Poly Vagal Theory	64
4.9	Cues of Safety	65
4.10	Triggers of Threat	66
4.11	Link with Reflection	66
4.11.1	Key Task	68
4.11.2	Key Research	70
4.11.3	Key Message	72
4.11.4	Key Indicators	74
4.11.5	Reflective Task	75
4.11.6	Video Link	77
	References	81
5	Self-regulation	83
5.1	Definition	83
5.2	Link with Trauma	84
5.3	Internal States	85
5.4	External States	86
5.5	Co-regulation	87
5.5.1	Key Task	88
5.5.2	Key Research	90

5.5.3	Key Message	92
5.5.4	Key Indicators	93
5.5.5	Reflective Task	94
5.5.6	Video Link	95
	References	98
6	Agency	101
6.1	Definition	102
6.2	Link with Trauma	102
6.3	Shame	103
6.4	The Environment	103
6.5	Learned Helplessness	104
6.6	Social Phobia	105
6.7	Culture and Ethnicity	105
6.8	Learning Difficulty	105
6.9	Low Expectations	106
6.10	Exposure	106
6.11	Learning and Failure	106
6.12	Reframing Failure	107
6.13	Individualising the Learning Experience	107
6.13.1	Key Task	107
6.13.2	Key Research	110
6.13.3	Key Message	111
6.13.4	Key Indicators	111
6.13.5	Reflective Task	112
6.13.6	Video Link	115
	References	119
7	Resources	121
7.1	Chapter 1: Introduction	122
7.2	Chapter 2: Overview	123
7.3	Chapter 3: Relationships	125
7.4	Chapter 4: Safety	126
7.5	Chapter 5: Self-regulation	128
7.6	Chapter 6: Agency	129
	References	132