

TRAUMA IN THE SCHOOL ENVIRONMENT



A workshop for educators, school based support team members and support staff
Developed and presented by Dr. Tanya Defferary. DPhil (Psychology)

Introduction

Statistics show that South African children are exposed to some of the highest rates of trauma in the world. Children who have been subjected to trauma often misbehave and as a result are labelled as mean, defiant or oppositional. However, the child's behaviour is the result of the chronic exposure to traumatic events which are beyond his or her control. These traumatic events can include experiences such as: the death of a peer, sexual assault, divorce and bullying.

In addition to impacting on behaviour, trauma can wreak havoc with regard to the child's ability to learn. These children often suffer from other social, psychological, cognitive and biological issues. This can result in them experiencing difficulty in regulating their emotions, paying attention and forming stable relationships – all of which makes it challenging for a child to succeed in school.

The Presenter

We at Proactive education are proud to welcome **Dr. Tanya Defferary** to our team as an associate lecturer as well as vital member of our panel of educational experts.

Tanya has a DPhil (Psychology) from the Nelson Mandela Metropolitan University and has over the past number of years been employed as a senior Psychology lecturer and BPsych Level 4 Practicum Coordinator at the Pearson Institute of Higher Education (Port Elizabeth Campus) (PIHE). During her time at PIHE one of the core modules she lectured was Trauma and Treatment, ensuring she has kept abreast of current developments in the field.

Tanya started her independent practice as a counselling psychologist in 2008 and provides psychotherapeutic services to adult and child clients.

During her years in private practice, Tanya has developed a wealth of experience working with a variety of clients which has enabled her to attain the level of expertise required to present this workshop.



The Workshop

Module 1 - Strategies for educators

- An introduction to trauma
- Defining a traumatic experience
- Causes of trauma and the influence in the classroom

The following causes of trauma will be dealt with in this workshop

- Domestic violence
- The death of a parent or family member
- The death of a peer
- Natural disasters
- Severe illness
- Severe injuries
- Divorce
- Bullying and cyberbullying
- Hearing that an act of violence happened to someone you love
- Sexual assault

Module 2 - The consequences of trauma

The identification of the symptoms associated with childhood trauma

- Emotional /Psychological
- Behavioural /physical
- Cognitive

Module 3 – Responding to school trauma (Adapt your classroom’s mindfulness practice)

- Approaching a child who is traumatised
- Providing practical support
- The child – trauma counselling model for educators
- Support networks and determining appropriate referrals
- Self-care

Delegates will receive:

- A certificate – **SACE CPTD allocation / Type 3 / 10 points / Leadership and management**
- Manual on CD ROM, Notes and certificate
- Refreshments

Dates, time and venues on the attached booking form.

Booking form – 12:30 Registration – 13:00 – 16:30

Name of school: _____ Contact person: _____

Tel: _____ Fax: _____

Email: _____ Address: _____

<u>Date/2017</u>	<u>Venue</u>	<u>Address</u>	<u>Workshop attending</u>
7 February	Tom Newby Primary	10 Master street Airfield Benoni	
8 February	Waterkloof Primary	306 Milner street Waterkloof (PTA)	
9 February	Redhill High School	20 Summit Rd Morningside Sandton	
15 February	Greenwood Primary	Park Drive Central (PE)	
16 February	Clarendon Girls High	Union Avenue Selborne East London	
21 February	Paarl School Brackenfell	Rogland str Brackenfell (CT)	
22 February	Groote Schuur High	76 Palmyra Road Newlands (CT)	
7 March	Crawford College La Lucia	79 Armstrong Avenue La Lucia (KZN)	
8 March	Pinetown Senior Primary	Cnr school road & Pinetown Church Lane Str	
14 March	Northridge Primary (PTA)	Cnr Braam Pretorius & Carlo street	
15 March	Eastleigh Primary	1 Central Ave Eastleigh (E Rand Gauteng)	
16 March	Maragon School	Cnr Peter & Kuilstok Road Ruimsig	
28 March	Grey College SS	Jock Meiring Street Bloemfontein	

Delegates attending

These names are required for certificate purposes: Please note that we will not be held responsible for spelling errors made on this form – if more delegates are attending please duplicate this page.

1. _____ 2. _____

3. _____ 4. _____

5. _____ 6. _____

Amount per delegate R 397.00 = Total: _____

All **payments** are to be paid in **advance** to secure your booking/please use your **schools name** as reference

Fax/e-mail this booking form and payment advice to:

086 6967807 /031 5726081 /admin@rapewise.co.za

Payment can be made via EFT to: Name: Rape Wise Bank: ABSA Branch code: 632005

Account Number: 406 497 6342

For more details, please contact 031 5726690/083 3308535