Unite, Inspire, Lead
Our Students, Our Union, Our Future

Classroom Management:
Creating a Trauma-Sensitive Program

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NEA Strategic Goal and Organizational Priority

Strategic Goal #2:

- Empowered Educators for Successful Students

Organizational Priority:

- Every Student Succeeds Act (ESSA)
NEA Leadership Competency: Leading Our Professions

Competency progression level(s):

- Level 1: Foundational
- Level 2: Mobilizing & Power Building

Leadership Competency Themes:

- Building Capacity for continual improvement & learning
- Advocates for policies & strategies that positively impact our professions & student learning
What I know for sure

What I think I know, but uncertain as to why it is so

What I want to know because... I’m clueless
Group Goals

- 3 – 2 – 1 (Newsprint)
- Self-Reflection
- CBT: ODD & CB/ Never ask WHY?
- Case Study
- Expressing Ourselves
- Management & Collaboration
Oppositional Defiant Disorder

Characterized by:

- 3-D’s
- Anger
- Sadness & Pain
- Fearful

“SAY what you mean & Mean what you say”
Self-Reflection

Activity:

✧ Do you express anger constructively?

“Don’t Yell… Gently Tell”
Oppositional Defiant Disorder

- Unhealthy
- Trauma
- Low self-esteem
- Fearful of relationships
- Disrespectful
- “No holds bar”
- Leader of the gang
- Inappropriate attention
- Need intervention
Strong-willed Children

- Healthy
- Leadership qualities
- High self-esteem
- Want relationships
- Respectful
- Understand boundaries & roles
- Leader of the free world
- Need & thrive from recognition
- Need structure
Never ask:

CBT: Cognition - Feeling - Behavior
Thoughts

Feelings

Actions

Irrational!!!
Expressing Ourselves

- I DON'T CARE
- WHATEVER
- SO
- I HATE THIS PLACE
- I LIKE FEELING AWFUL, BAD INSIDE, SAD ANGRY
- LET ME TELL YOU HOW I HURT MYSELF
- I'LL GO SOMEWHERE
- IT'S HER/HIS FAULT
- HOPELESS
- FEARFUL
- FAILURE
- GIVING UP
- CONFUSED
- HELP
- DEPRESSION
- OUT-OF-CONTROL
How to Call Parents

When You're a Teacher

The Practical Mommy
When to call home & what to say

✨ Calls Home

Tattling vs. Informing

Directive

Support

✨ Conferences

Documentation & Planning
Self-Reflection

Activity:

Self-care: Stressors

✧ Will your stress make you sick?
What you **DO**

can add to a trauma-insensitive community.

&

What you **DO NOT DO**

can add to a bullying environment.
3 things you found out

2 things that were really interesting

1 thing you would still like to know (a question!)
Session Outcomes

By the end of this presentation participants will:

- Understand cognitive behavior interventions is to de-escalate student disruptions
- Develop a trauma-free classroom
- Evaluate the strengths & weaknesses of their current classroom management system & identify one new structure they will implement to create a trauma-free classroom
Please complete the evaluation for this breakout session!

Please visit the Leadership Development Resources website at www.nea.org/leadershipdevelopment

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