

Whole Staff Training for Trauma and Mental Health Informed Schools & Organisations

Part Two: Trauma Informed Classrooms, 1.5 hour training



This new TISCUK training explores how early adversity and adolescent brain development shape behaviour, relationships, and learning in secondary classrooms, and what teachers can do differently to create calmer, safer, and more effective learning environments.

Drawing on contemporary neuroscience, research on latent vulnerability and social buffering, and TISUK's Protect-Relate-Regulate-Reflect model, the session moves beyond theory into practical classroom practice. Participants will examine how tone of voice, language, expectations, transitions, and consequences either heighten stress or support regulation and engagement.

You will learn how to:

- Understand why adolescence can amplify the effects of earlier trauma
- Use trauma-informed language that reduces shame and increases cooperation
- Apply natural and logical consequences relationally
- Build psychological safety through predictable routines and clear expectations
- Use behaviour-specific praise to increase on-task behaviour
- Design classroom environments that support regulation, including biophilic approaches
- This training is ideal for secondary teachers, pastoral leads, SENCOs, senior leaders, and education professionals seeking evidence-informed strategies that balance high expectations with compassion and connection.



For more information email:
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