



# Trauma and the Healing Power of Empathy

*Two hour educator Professional Development workshop  
+ unlimited One-on-One counseling for one year*

## About the Workshop

Many of America's students experience a state of chronic stress and trauma that impedes learning capacities before they even enter the classroom. In this workshop, participants will learn about the science of trauma, including the difference between acute and chronic trauma as well as the physiological and physical symptoms of trauma. Participants will also learn about the impact of student trauma in the context of the classroom and school environment. Through a combination of interactive activities, discussion, and skills training, we will provide participants with the mindset and skills needed to heal trauma through empathic listening and the power of connection.

## Counseling

FuelEd's personalized One-on-Ones are an opportunity for educators to freely and confidentially talk with someone who will listen without judgment. One-on-Ones also help educators integrate their FuelEd learning into practice, enhance emotional intelligence, and increase self-awareness by exploring their feelings, needs, challenges, and attachment histories with a FuelEd Counselor. One-on-Ones also contribute stress reduction and emotional regulation and wellness, which help keep the best educators in the classroom. If interested, counseling is provided for free with participation in the workshop.

## Interested?

Your school is eligible to participate if: 1) Staff and/or students have been impacted by Hurricane Harvey 2) Your school has a 2-hour block of time between February and April for workshop delivery,

**Contact [sarah.mushlin@fueledschools.org](mailto:sarah.mushlin@fueledschools.org)** to apply and bring this program to your school!

**"This experience was  
rewarding and engaging"  
- Workshop Participant**



### PROGRAM OUTCOMES

#### For our EDUCATORS

Renewed passion, sense of purpose, and morale

Increased confidence, resilience, and effectiveness

Increased understanding of the science of trauma and its impact on students

Greater levels of preparedness to help with trauma and mental health

Enhanced ability to listen, respect others, and deal with difficult situations

Decreased teacher burnout and increased teacher satisfaction, longevity and excellence

#### For our SCHOOLS & COMMUNITIES

Enhanced sense of trust and culture

Increased healing post-Harvey

Improved working relationships amongst teachers, administrators, parents