

Reflective Supervision for Educators: Addressing Vicarious Trauma through Self Care and Reflection



Fall 2019

Course description:

Working with children who have experienced trauma can lead to high levels of vicarious trauma and possibly burnout, this course ensures participants are given the appropriate support and time for reflection needed to be happy and successful in their careers. This course is designed for educators at all levels in their career including administrators, teachers, and mental health professionals. Supervisors who have experience implementing Trauma Informed Care strategies in school settings will lead small groups of 5-6 educators in monthly confidential discussions on the following topics: Self Care, Trauma Response, supporting students with trauma, and support systems in schools. Participants will have the opportunity to reflect deeply on the impact of working with children with trauma on their personal functioning and their own approaches in the classroom. The Dynamic Empowerment™ assessment tool will be used to monitor wellness and burnout.



Instructor:	Emily Santiago, MS, LEP
Location:	Online via Zoom, 5 sessions
Dates:	Five 2 hour sessions held monthly plus readings and office hours. Times vary based on schedules. Example: Third Thursday of the month 4:30-6:30pm PST
Optional Course Credit:	1.5 Semester Units from CSU East Bay
Tuition:	\$400 with no course credit. (\$600 with course credit)
Payment Options:	Check or PayPal. Minimum payment of \$80 due at start of course.
Textbook:	Trauma Stewardship, Van Dernoot Lipsky
Registration open each month:	info@cogdiv.com or register here

What is the Center for Cognitive Diversity? The Center for Cognitive Diversity was founded in 2018 with the mission to celebrate diverse ways of learning and promote healing environments for all children. As participants in the program, you become lifetime members of the Center for Cognitive Diversity and are invited to our monthly guest lecture series with inspiring educators around the globe who are working to promote cognitive diversity and compassionate education in their communities. We are cosponsored by the Educational Psychology department at Cal State East Bay in Hayward, Ca.

How do I enroll? Complete the registration form [here](#) or visit us at CogDiv.com

Email: info@cogdiv.com

About the Instructor: Emily Santiago is a Licensed Educational Psychologist and trauma informed trainer on the West Coast of the US. She has 20 years of experience in education as a classroom teacher, school psychologist and university instructor. She is a graduate of Brandeis University and CSU East Bay and has lectured internationally on differentiated curriculum and mental health issues.



Collaborating with various local service providers, parents, and educators, Emily developed wraparound programs, learner centered curriculum, facilitated community school initiatives, school wide mental health screenings, and implemented mindfulness programs in schools. Emily is passionate about highlighting the impact of trauma in the school and the local community and providing strategies and support to promote resilience for our students and ourselves.

Testimonials: *'I am able to take time to look at how the work affects me and have colleagues I respect show they understand and offer strategies. With the TIE program and Reflective Supervision, I have been able to continue working in a school deeply affected by trauma and have hope.'* -Andy, Special Education teacher, San Pablo, Ca

'I leave each seminar energized and full of ideas. I recommend this program to anyone who works in schools.' Brooke, university instructor, Fresno, Ca

'I was ready to leave the profession, Reflective Supervision, gave me a new way to understand my students and myself. I am now excited to continue teaching with purpose and compassion.' -Lauren, teacher, Carquinez, Ca

'I couldn't do this work without your support.' Claudia, Therapist and Trainer, Capetown, South Africa