

CAL STATE EAST BAY

CONTINUING EDUCATION

Dear Administrator:

Growing teacher shortages have made filling district positions increasingly difficult. For this reason, teacher retention is gaining increased attention. Two-thirds of all teachers leave the profession for reasons other than retirement, and the cost of teacher replacement can exceed \$20,000 in urban districts. Annually, 10-16% of teachers leave the profession within their first five years, with turnover rates 50% higher in Title I schools and 80% higher in special education. One of the unexpected challenges teachers faces is working with students who have experienced trauma. Although one in four public school students have experienced a potentially traumatizing event, trauma-informed instruction is not commonly included in teacher credentialing programs.

Children who have experienced trauma have lost control over a major element of their lives and the desire to gain control can lead to behavioral challenges and difficulty learning in the classroom. Training your staff to work effectively with students who have experienced trauma can lead to fewer behavioral challenges, higher achievement, lower rates of burnout which all lead to increased staff retention.

An educator in your setting has expressed interest in taking the Trauma Informed Specialist (TIS) post-graduate certification program offered through Cal State University East Bay. The TIS program is designed to address the needs of educators, administrators and mental health professionals by deepening understanding of trauma, providing strategies for supporting students, building healing centered environments and promoting educator wellbeing. This 10-month program consists of 4 online courses which are available for graduate credit from Cal State East Bay:

1. Principles of Trauma for Educators (3 units)
2. Reflective Supervision for Educators (1 unit)
3. Trauma Supportive Schools (3 units)
4. Advanced Reflective Supervision (1 unit)

This 10-month competency-based certification program was designed to produce educators who are able to infuse trauma-informed practices into their classrooms and throughout the settings in which they work. An investment in your teacher's continuing education will pay big dividends for the children, parents, and teachers within your school district. If there are any questions that are not answered in this document, please contact Cal State East Bay Continuing Education at 800-730-2784 or email ce.studentservices@csueastbay.edu.

FAQs

Who participates in the program?

The program is designed for educators who would like to promote positive change and resiliency. Administrators, general education/special education teachers, school counselors, psychologists, office managers, school resource officers, and social workers are all great candidates. Our participants model Trauma Informed strategies, provide trainings, shape policy, coach, and reduce turnover in schools impacted by trauma.

What if I work full time?

This program is designed to meet the needs of professionals with busy schedules, our courses consist of 12 independent modules, course readings, a 2-hour live seminar 1 Saturday a month, and a 2-hour small group Trauma Informed Coaching session. Our program is fully online and available to educators everywhere.

I live outside of California. Can I still attend?

The program is fully online and accessible to those that have internet access. We love having people from different parts of the country (or the world) share their perspectives. We do run classes in the Pacific Time Zone on Saturday mornings and Thursday afternoons so if you need to consider how that works with your schedule. Ideally you have access to a computer with a webcam so you can participate in live sessions using video in order to engage with members of the cohort.

How much does the program cost?

Tuition for the certification program is \$4500 for the year. We offer a 10% discount for groups of 2 or more from the same employer. Payment is due to CSUEB at the beginning of each course.

Spring 2023 Cal State East Bay course offerings are:

EPSY 855: Principles of Trauma for Educators - START DATE: Saturday, March 11, 2023 - COURSE FEE = \$2,000

EPSY 856: Reflective Supervision for Educators: Addressing Vicarious Trauma through Self Care and Reflection - START DATE: Thursday, March 16, 2023 - COURSE FEE: \$250

Summer/Fall 2023 course offerings are planned to be:

EPSY 857: Trauma Supportive Schools: Personalized Learning and Adaptations of the Environment – COURSE FEE = \$2,000

EPSY 858: Advanced Trauma Informed Reflective Supervision: Facilitating Conversations that Disrupt – COURSE FEE = \$250

What are the dates of the program?

We now offer cohorts on a continuing basis contingent on an enrollment of 10 or more participants. We meet twice a month for 2-hour seminars.

What if I can't make a class?

All our seminars are recorded and can be accessed by participants to stream at a later date. Each participant is expected to engage in discussions and share perspectives and resources. Participants can make up Reflective Supervision at another date and can view up to 2 Recorded Seminars for credit.

What is Trauma Informed Reflective Supervision?

We believe that reflective educators are responsive educators. We provide small group (max 6 participants) Trauma Informed Coaching sessions using the Reflective Supervision model, a confidential strength-based collaboration designed to build understanding and increase emotional capacity and resilience.

What textbooks are used?

Our curriculum includes a reader compiled with recent research, *The Body Keeps the Score* by Bessel Van Der Kolk as well as *Trauma Stewardship* by Laura Vandernoot Lipsky. In addition, participants choose their own text for the capstone project.

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 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?

Prospective students may enroll in the Trauma Informed Specialist courses by first submitting on the online [application for admission](#) on the Cal State East Bay Continuing Education website. Once admitted, the student will be given instructions to enroll in the course on the Continuing Education [Shopping Cart](#).