

Building Healing-Centered Engagement Learning Environments

THANK YOU for participating in the November 2023 restorative workshop, a part of the *Replenish Series* designed by Dr. Rajni Shankar-Brown and brought to PA in partnership with the [Center for Schools and Communities](#) as a part of the ARP–HCY initiative. This handout highlights some of the key concepts discussed at our session and provides extended resources for further exploration, learning, and growth.

In addition to using trauma-informed care and approaches, we must focus on being healing-centered as we work to support students, families, schools, communities —and ourselves!

The **Four Rs** of Trauma-Informed Care:

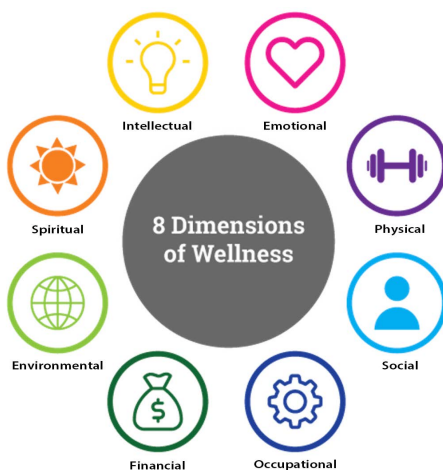
Realize, Recognize, Respond, Resist Retraumatization



Did You Know?

The word “**trauma**” comes from the **Greek** word for “**wound**.” It has evolved over the years to encompass both physical and emotional wounds.

Take inventory of your wellness. Regularly reflect and actively nurture different **Dimensions of Wellness**:



Utilize **CARMA** – 5 Principles for a Healing-Centered Approach

Culture – values and norms that connect us.

Agency – individual and collective power to act, create, change.

Relationships – capacity to grow and sustain healthy connections.

Meaning – discovery of who we are, why we are ... our purpose.

Aspirations – capacity to imagine, set, and accomplish goals for personal and collective livelihood and advancement.

Source: Dr. Shawn Ginwright

Keep growing! Here are a few extended learning resources:

- **BOOK** - Bessel van der Kolk, M.D. - [The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma](#)
- **ARTICLE**: Brunzell, T., Waters, L., & Stokes, H. (2015). [Teaching with strengths in trauma-affected students: A new approach to healing and growth in the classroom](#). *American Journal of Orthopsychiatry*, 85(1), 3–9.
- **PODCAST**: Dr. Ginwright on Healing-Centered Engagement and Trauma-Informed Care - [#ReRooted](#)
- **WEBSITES**: The National Child Traumatic Stress Network - [Child Trauma Toolkit](#) ; United States Department of Health & Human Services’ Administration for Children and Families – [Trauma-Informed Resources](#)