



# Learning & the Brain® On-Site PD

## THE NEUROPSYCHOLOGY OF STRESS AND TRAUMA: HOW TO DEVELOP A “TRAUMA INFORMED” SCHOOL

by: **Steven G. Feifer, DEd, NCSP, ABSNP**

This workshop will explore the neural underpinnings of stress, trauma, and emotional dysfunction in children and its relative impact upon learning. Environmental deprivation, poverty, childhood abuse, witnessing violence, and parental neglect can impact both cognitive and social-emotional development in children. There will be a discussion on five steps that schools can take to become “*trauma-informed*”, in order to better meet the diverse needs of all learners. Schools can enhance emotional wellness through early prevention efforts, appropriate assessment and screening techniques, and an improved school climate to foster emotional growth for all children. Targeted assessment strategies, specific classroom accommodations, and key coping strategies will be presented for at-risk students.

### Learning Objectives:

At this workshop, participants will:

- Discuss the prevalence of trauma and stress for school aged children, as well as the various sources from which trauma can occur.
- Explore key brain regions that are impacted when students experience trauma, and the subsequent effect on academic and social skills’ development.
- Review five essential steps toward the development of a “*trauma informed*” school.
- Review various trauma screening tools and specific assessment techniques in order to conduct a “*trauma-informed*” evaluation.
- Discuss specific classroom accommodations along with school-wide interventions, and key coping strategies to induce a more positive school climate for all students.



**STEVE FEIFER, DEd, NCSP, ABSNP**, is dually trained as both a nationally certified school psychologist and board certified pediatric neuropsychologist, having completed research stints at the National Institutes of Health. Dr. Feifer has earned numerous distinctions throughout his career including the *Maryland School Psychologist of the Year*, the *National School Psychologist of the Year*, and the *Outstanding Contribution to the Education and Training of Psychologists* award by the Maryland Psychological Association. He has authored *eight* books on learning and emotional disorders in children. Lastly, Dr. Feifer has authored three tests on diagnosing learning disabilities in children, all of which are published by PAR