



About the Discussion Guides

Use these discussion guides to generate awareness, understanding, and potential solutions to critical issues in college access.

They can be used with a wide variety of stakeholders ranging from students to educators to parents to community leaders.

This slide is intended primarily for the discussion leader. You may want to **delete** this slide before presenting to the discussion group.



This guide is designed to facilitate a two-part discussion. Be sure to schedule ample time between parts one and two so that participants can do independent reading and research.

This slide is intended primarily for the discussion leader. You may want to **delete** this slide before presenting to the discussion group.

How to Use This Discussion Guide

Part 1:

1. Use this slide deck to present a basic overview of the issue for discussion.
2. As a team or group, work through the discussion questions provided in the deck. If you have a large group, you may want to utilize breakout groups.
3. Review the homework assignments participants should complete prior to attending the meeting for Part 2.

This slide is intended primarily for the discussion leader. You may want to **delete** this slide before presenting to the discussion group.

How to Use This Discussion Guide

Part 2:

1. Reconvene the group that participated in Part 1 of this discussion.
2. Use the Part 2 Discussion Questions to continue exploring this issue and possible solutions.
3. Identify next steps.

This slide is intended primarily for the discussion leader. You may want to **delete** this slide before presenting to the discussion group.



Trauma-Informed Care in Counseling

Discussion Guide



Goals

- Gain a foundational understanding of this issue.
- Explore possible solutions for our community.



Part 1

What Do We Mean by Trauma?

From the American College Health Association (ACHA):

[Trauma is] an experience in which a person's internal resources are not adequate to cope with external stressors, [such as]

- Adverse childhood experiences (ACEs)
- Sexual assault
- Racism
- Poverty

What Is Trauma-Informed Care?

Organizations practicing Trauma-Informed Care assume that many recipients of their services have experienced trauma and aim to create an environment that is safe, welcoming, and engaging for all.



Why Does This Matter?

55.8 percent of West Virginia adults reported at least one “adverse childhood experience” (ACE) with the most common being substance abuse in the household.

People who report high numbers of ACEs are more likely to develop substance abuse disorders, depression, severe issues with physical health, and other problems.

Discussion Questions

- Do you think instances of trauma have had a severe impact on our communities? Why or why not?
- Based on your existing knowledge and experience, what does “trauma-informed care” mean to you?
- Can you think of specific examples of how trauma-informed care can be applied within the context of college counseling and support?



Homework

Read the following materials:

1. [Charleston Gazette-Mail: Traumatic Childhood Events Common in WV, Report Says](#)
2. [Rowan University: Trauma-Informed Care on a College Campus](#)
3. [Education Northwest: Trauma-Informed Practices for Postsecondary Education](#)
4. Extra Credit: [East Tennessee State University: Building a Trauma Informed System of Care \(pages 1-58\)](#)

Write down your thoughts or observations.

Bring them with you for Part 2 of this discussion on **<Insert Date/Time>**



Part 2



Discussion Questions

- Did anything you read or learned about this issue surprise you?
- After having time to reflect, what does “trauma-informed care” mean to you now?
- How can we incorporate trauma-informed practices into our work with students?
- Who can help us?



Resource

The West Virginia Center for Children's Justice [Handle with Care](#) program is an example of a successful strategy for incorporating trauma-informed practices into education, counseling, and community programs.



Next Steps

- What steps do we want to take to address this issue? If any?
- What are our immediate next actions? Who will be responsible? By when?

West Virginia GEAR UP



Created by West Virginia GEAR UP • wvgearup.org