

A background image showing several hands of different skin tones reaching in from the edges and meeting in the center to form a circle. The hands are rendered in a semi-transparent, light gray style, creating a sense of unity and support.

Creating Spaces for Trauma-Informed Care in Higher Education

SESSION 5: CREATING TIME FOR REFLECTION

Imagining the future

With your eyes open or closed, imagine yourself at the end of this academic year:

Imagine you feel good about successfully completing another semester, that you feel stronger and more confident about integrating trauma-informed principles into your policies and practices.

Now think about what steps you took to make this happen.

Think about one policy or practice in particular to which you committed to enhancing.



Action Plan

- ❖ Specific policy or practice you commit to making more trauma-informed for Spring semester
- ❖ How this change will benefit your students, your colleagues, and yourself
- ❖ What steps you need to take to make this change
- ❖ What resources you need to make this change
- ❖ Who can support or collaborate with you in making this change
- ❖ How you will feel after making this change



Best Hopes



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