

Trauma-Sensitive Approaches for Online Learning

WHAT IS TRAUMA?

“Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual’s functioning and mental, physical, social, emotional, or spiritual well-being.”

-Patricia Jennings, *The Trauma-Sensitive Classroom*



HOW DO PEOPLE REACT TO TRAUMA?

- Hyperarousal
- Hypervigilance
- Dissociation
- Anxiety & depression
- Sleep disturbances
- Substance use or abuse
- Feeling a sense of helplessness
- Feeling the need to be in control



EXPERIENCING A PANDEMIC CAN BE TRAUMATIZING. YOU ARE NOT ALONE!



RESOURCES

Counseling Center

931-372-3331

tntech.edu/counsel

Heath Services

tntech.edu/healthservices

Food Pantry

tntech.edu/volunteer/pantry.php

Campus Police

tntech.edu/police

Accessible Education Center

tntech.edu/disability

National Suicide Prevention

Lifeline

800-273-8255*

Dean of Students

tntech.edu/dos

Project AWAKEN

tntech.edu/awaken

Women's Center

tntech.edu/women

Multicultural Affairs

tntech.edu/multicultural-affairs

Military & Veteran Affairs

tntech.edu/veterans

Office of International Education

tntech.edu/international

Center for Career Development

tntech.edu/career

Student Success Centers

tntech.edu/ssc

Student Government Association

tntech.edu/sga

Financial Aid

tntech.edu/financialaid

Office of Scholarships

tntech.edu/scholarships

myTECH IT Helpdesk

its.tntech.edu/display/MON/myTECH+Helpdesk

iLearn Help

www2.tntech.edu/ilearn/

Learning Center Tutoring

tntech.edu/library/learning-center.php

Title IX

tntech.edu/titleix

Title VI

tntech.edu/hr/diversity-equity/titlevi.php