“It is becoming popular for schools to adopt "trauma-informed practices" as an equity strategy. One of the troubles with trauma-informed practices, not as a concept in general, but as an equity strategy as commonly implemented in schools, is that they rarely account for traumatizing systems and structures: structural racism, economic injustice, hetero-normativity...I visit schools and districts all over the country and never have seen one where teachers were trained to eliminate racism as a trauma-informed practice, for example.” (Gorski, 2018)
Social Justice in TESOL: Systemic Trauma & Equitable Practices

CATESOL Annual Conference
December 7, 2018

Christina Yanuaria, City College of San Francisco
Laura Espino, Laney College
Laura Jacob, Mt San Antonio College
Agenda

1. Theory and Background
2. Trauma in Educational Practices & Materials
3. The Role of the Instructor
4. Defining Equitable Practices
Background & Theory: Trauma & the Brain

The Limbic System

- Thalamus
- Hypothalamus
- Amygdala
- Hippocampus
### Theory & Background: The Impact of Chronic Trauma
(Jeffries and Wilbur, 2016)

<table>
<thead>
<tr>
<th>Emotional/physical</th>
<th>Cognitive</th>
<th>Social</th>
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<tbody>
<tr>
<td>Irritable or Angry</td>
<td>Difficulty focusing</td>
<td>Staring into space</td>
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<tr>
<td>Easily Startled</td>
<td>Forgetful</td>
<td>Long Absences</td>
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<tr>
<td>Substance Abuse</td>
<td>Large gaps in memory</td>
<td>Requiring</td>
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<td></td>
<td>Unable to organize or plan</td>
<td>undivided attention</td>
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Trauma in Educational Practices & Materials

1. Navigating the Educational System
2. Classroom Policies & Management Practices
3. Instructor Bias
4. Institutionalized Norms Vs Student Experience & Lives
Trauma in Educational Practices & Materials

1. Textbook Representation
2. Google Searches
3. Topics & Identifying Triggers
The Role of the Instructor

- Supporting recovery
  - Stages: safety, remembrance and mourning, reconnection
- Cultural Worker
  - Acculturation and culture shock
- Service Provider
- Affected by trauma
  - Vicarious trauma & retraumatization
- What instructors are not...
Defining Equitable Practices

1. Reframe Classroom Management
   a. Blame & Shame
   b. Compliance Vs Cooperation & Collaboration

2. Environmental & Interpersonal
   a. Communication
   b. ID triggers & coping mechanisms
   c. Safe Space
   d. De-escalation
Reframing Classroom Management  
(Jeffries and Wilbur, 2016)

<table>
<thead>
<tr>
<th>Environmental</th>
<th>Interpersonal</th>
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<td>● Leave and take breaks</td>
<td>● Grounding &amp; breathing techniques</td>
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<td>● Reduce environmental stress or stimuli.</td>
<td>● Relationship building</td>
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<td>● Room organization input</td>
<td>● Language &amp; tone</td>
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<tr>
<td>● Warm and welcoming wall art (Student Work)</td>
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</tbody>
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Equitable Practices Reflect

1. Bias
2. Current Expectations & Classroom Rules
3. Student Surveys & PBL
4. Communication & Community
5. Materials
Resources

1. Trauma-Informed Guides, Presentations, & Self-Assessment Tools
2. Harvard Implicit Bias Test
If you have come to help me you are wasting your time. But if you have come because your liberation is bound up with mine, then let us work together.

– Lilla Watson, Aboriginal Elder
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CATESOL Annual Conference 2018

Slides https://sched.co/J7Uo

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