



# Stress and Trauma for Early Childhood Teacher Educators



Dr. Dorothy Shapland Rodriguez



Dr. Elmer Harris

# Acknowledgements



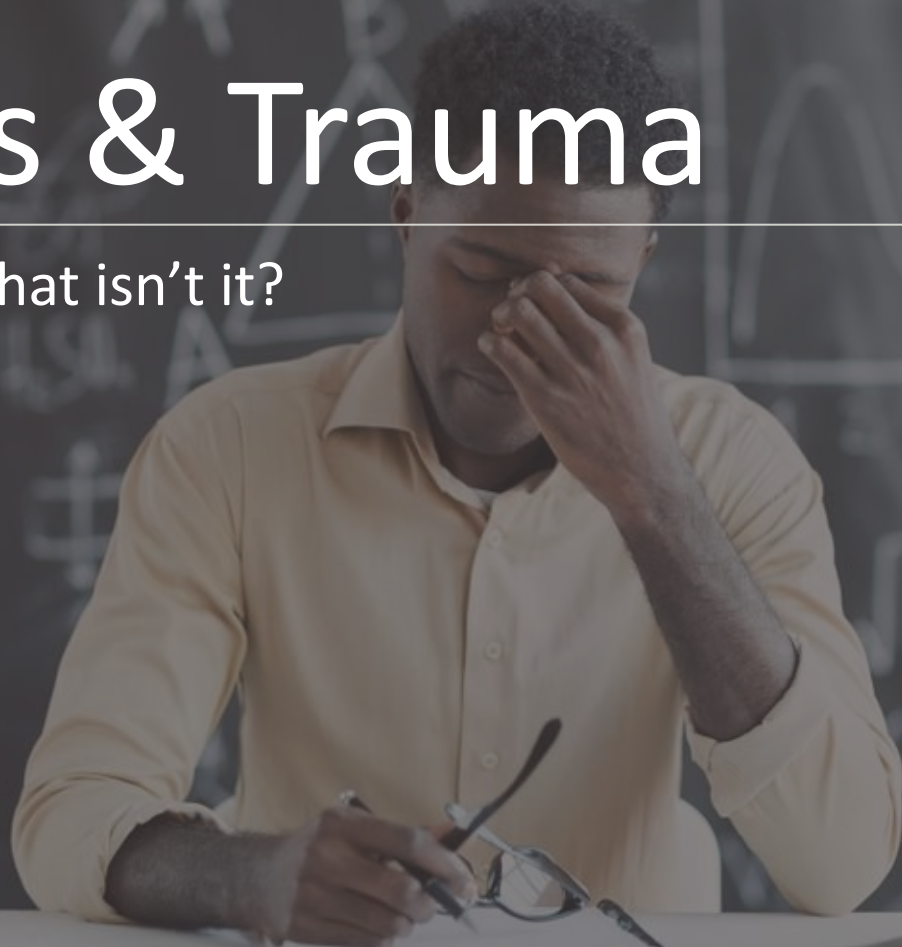


**Land Acknowledgement**

# Stress & Trauma

---

What is it – what isn't it?



# Stress

Learning about the psychobiology of stress, toxic stress, and trauma is liberating for people. It gives us explanatory reasons for some of the puzzling behaviors we engage in and the feelings that can come to dominate us (Bloom, 2013)



# Types of stress responses

## POSITIVE



**A normal and essential part of healthy development**

### EXAMPLES

*getting a vaccine,  
first day of school*

## TOLERABLE



**Response to a more severe stressor, limited in duration**

### EXAMPLES

*loss of a loved one,  
a broken bone*

## TOXIC



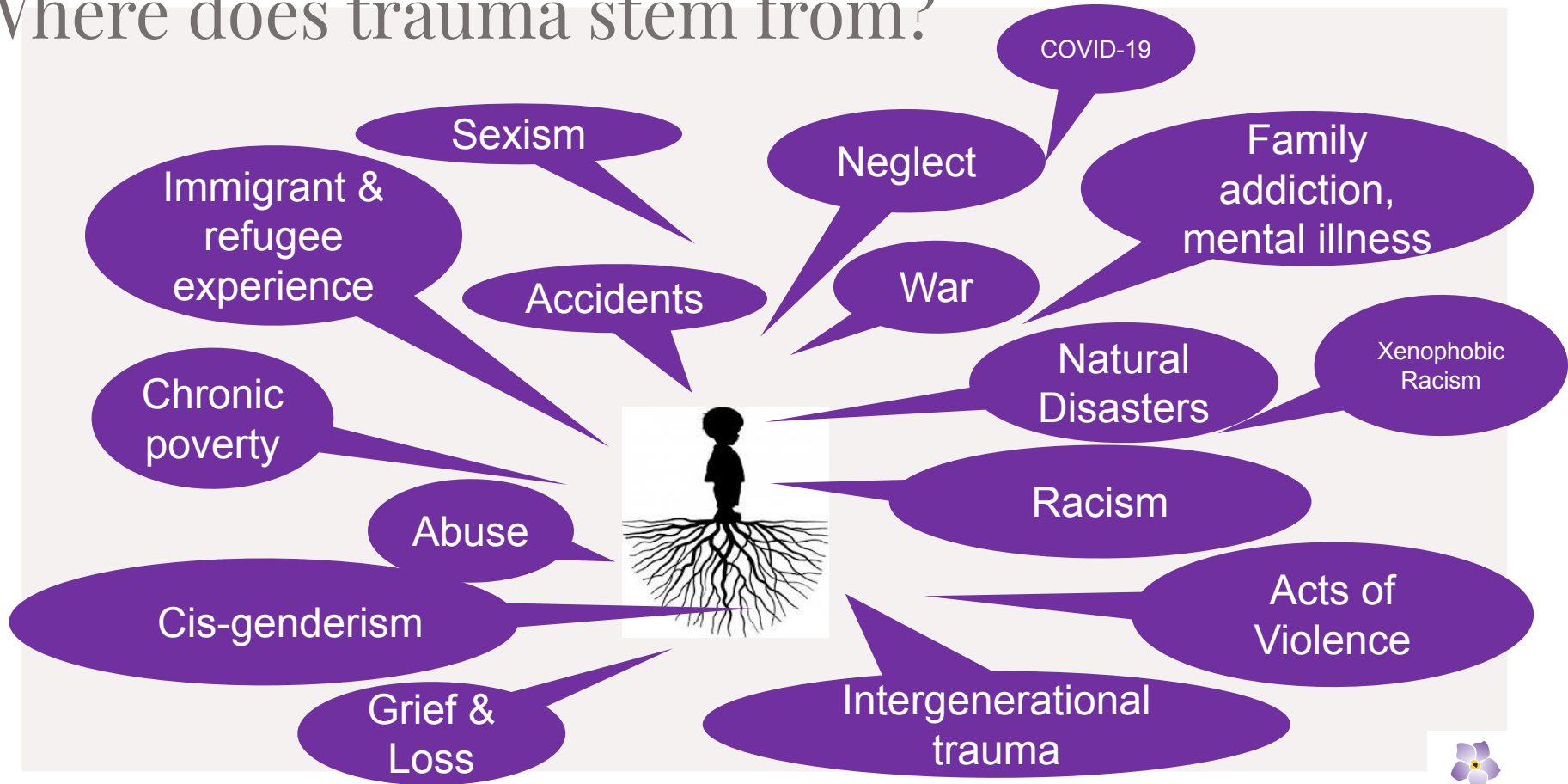
**Experiencing strong, frequent, and/or prolonged adversity**

### EXAMPLES

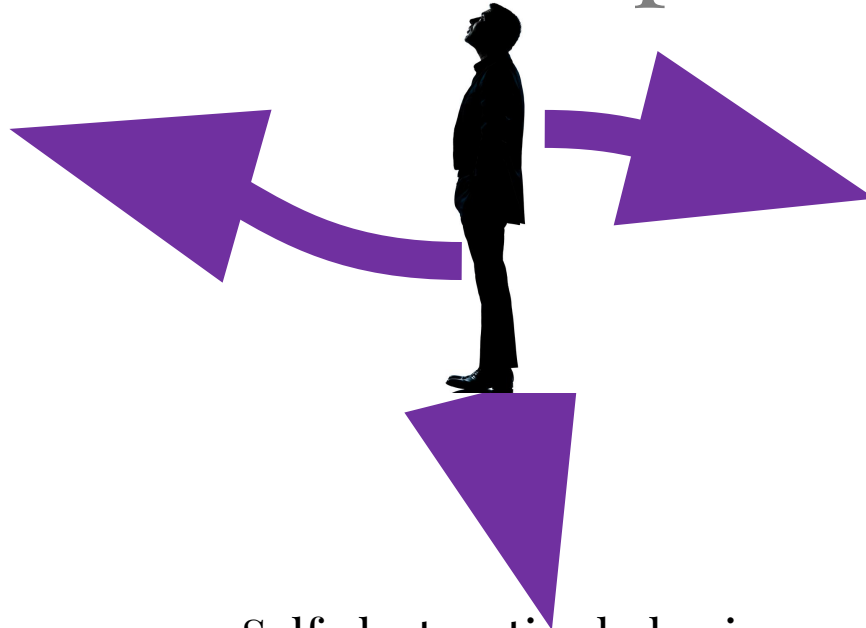
*physical or emotional abuse,  
exposure to violence*



# Where does trauma stem from?



# Trauma Impact



- Loss of interest
- Numbing
- Irritability
- Depression
- Disassociation

- Shame
- Self-hatred
- Panic attacks
- Chronic pain
- Substance abuse

- Self-destructive behaviors
- Little or no memories
- Nightmares
- Flashbacks
- Eating disorders



# Toxic Stress Impact on Development



# Sources of Trauma



---

ACEs center on the home – but are there other sources?



# Racial Trauma



- ▶ Accumulated – direct or vicarious wounds
- ▶ Intergenerational – epigenetic hidden wounds
- ▶ Historical - cumulative psychological wounds

Symptoms are similar to PTSD and have debilitating health effects.



# When School perpetuates trauma



## COVID Stress

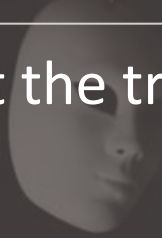
- What we are experiencing is not finite. Instead it's ongoing and uncertain.
- Connection is the antidote to stress!



# Secondary Trauma

---

What about the trauma we “catch” from others?





# Compassion Satisfaction

The positive aspects  
of working in a  
helping profession



# Compassion Fatigue

---

Those negative  
aspects of working  
in a helping  
profession





# Work-related Traumatic Stress

---

- Primary traumatic stress (happened to you)
- Secondary traumatic stress (happened to someone else)

# Vicarious or Secondary Trauma

---

“...describes the transformation of our view of the world due to the cumulative exposure to traumatic images and stories,”  
(Matthieu, 2012)





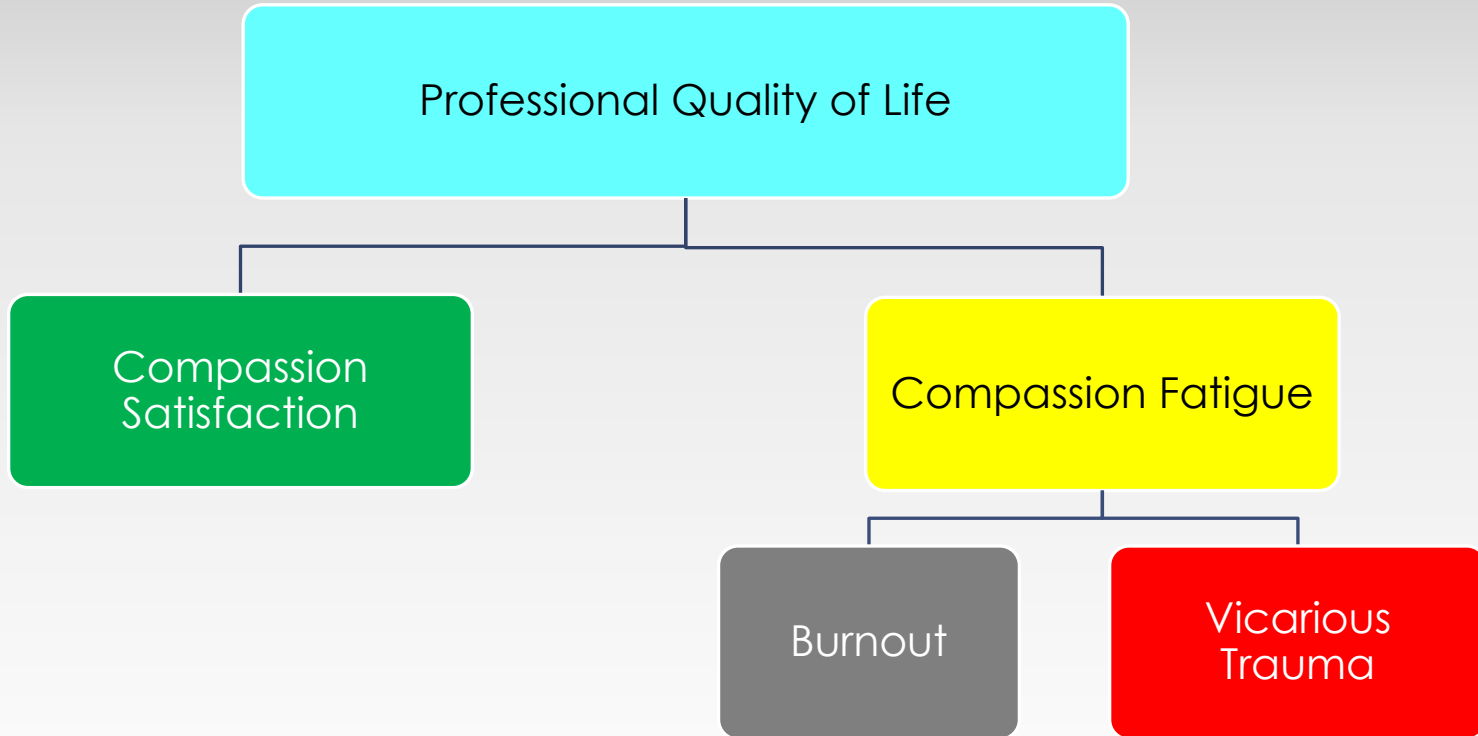


# Burnout

---

“...the physical and emotional exhaustion that workers can experience when they have low job satisfaction and feel powerless and overwhelmed at work,”  
(Matthieu, 2012)

# The Scales



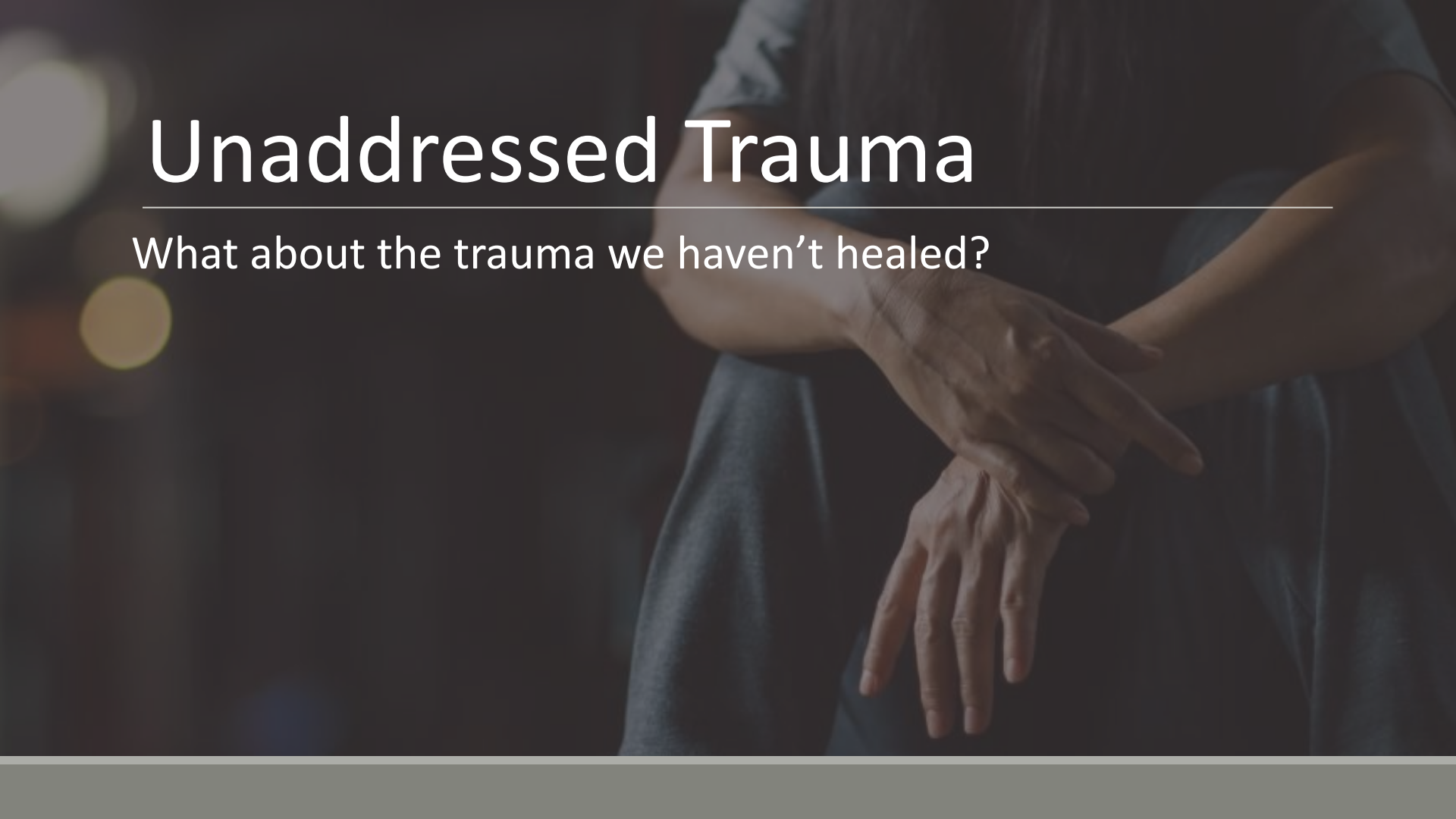




# Unaddressed Trauma

---

What about the trauma we haven't healed?



# Teacher Stress

---

*It's fine, I'm fine...*



# People Bring Themselves

*Our students include people with all types of experiences.*

*Some students bring with them histories of difficult lives that may include trauma*


*Some students have difficult family, economic, or other personal situations*



# This is Us

---

All People bring  
a past and a  
present to  
anything they  
do



Everyone Has a Story





# “Carrie’s” Story



# What can we do?

## *College Instructors*


---

### **Model**

Practice trauma informed/sensitive approaches...

### **Instruct**

Teach using the language of TIP so students become aware of the impact of their empathy and co-regulation as teachers.

A close-up photograph of a person's hands holding a white rectangular sign. The sign has the words "Thank you!" written in a dark, handwritten cursive font. The background is blurred, showing green and red colors.

Thank  
you!

[dshaplan@msudenver.edu](mailto:dshaplan@msudenver.edu)

[eharri44@msudenver.edu](mailto:eharri44@msudenver.edu)

**Please join us for a workshop on embedding Trauma Informed Practices in Teacher Preparation and dig into some How Tos!**