

# 2021 AEP Virtual Gathering

## A Model for Trauma-Informed & Healing-Centered Practice Through the Arts

### Presenters

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### Session Description

Can the arts education sector be a leader in implementing trauma-informed and healing-centered strategies and principles? In this session, participants will gain insight into Ingenuity's Trauma-Informed and Healing-Centered Training Program Through the Arts and engage with a corresponding guidebook, as a model and tool, for not only understanding and being aware of trauma, but for actively promoting collective healing and integrating trauma-informed approaches in both the arts classroom and within organizational practice.

Through its Institutes, Ingenuity strives to weave together multiple voices, approaches and experiences and respond to high-need learning areas. COVID-19, ongoing racial injustice and the economic downturn of 2020 challenged us to more fully explore the ways in which arts can be a tool for recovery from crisis and to embrace trauma-informed, healing-centered engagement and an equity mindset in our teaching practices and work, so we are ready to meet students *where they are today*.

Participants in this session will be able to draw connections among themes and trends that emerged during this engagement process and gain direct insights from one of our community arts partners. They will also have an opportunity to engage with the developed Trauma-Informed and Healing-Centered Guidebook and reflect on case examples and guiding questions. Participants will walk away with tangible tools for strategizing and implementing healing-centered practices.

### Learning Objectives

Participants will;

- **Interpret and draw connections** among strategies and arts-specific ideas to integrating and implementing trauma-informed and healing-centered approaches.
- **Access and engage** with examples from Ingenuity's Trauma-Informed & Healing-Centered Practice Through the Arts Guidebook and reflect on case examples and research insights.
- **Know about** the Trauma-Informed and Healing-Centered Training Program Through the Arts.
- **Utilize** Ingenuity's program findings and research insights to understand and know the ways that trauma can be expressed in the arts classroom.

- **Identify** the unique challenges and solutions for teaching artists and arts organizations in integrating trauma-informed and healing-centered practices into programs.

### Session Outline and Summary

- *Learning objectives*
- *Key Terminology & Definitions*
- *Program Overview: Trauma-Informed & Healing-Centered Practice Training Program*
- *Program and Working Group Insights*
- *Intro to the Trauma-Informed & Healing-Centered Guidebook and Toolkit*
- *Practical Applications and Activity Examples for Guidebook and Toolkit*
- *Sector Implications*

### Supplemental Materials

*PowerPoint Slides, additional materials provided, research referenced*

#### [PDF of presentation](#)

#### [Trauma-Informed & Healing-Centered Practice Through the Arts Guidebook](#)

#### **Research and additional resources:**

[Centers for Disease Control and Prevention: ACE Study Infographic](#) - Visual, interactive representation of data from the 1995-1997 CDC-Kaiser Permanente study on ACEs prevalence and relationship to health outcomes.

[SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach](#)

[Stress in America 2020: A National Mental Health Crisis](#) – American Psychological Association (APA) – annual survey results detailing the impacts of COVID-19 on the mental health and well-being of Americans.

[Stress in America 2021: One year later, a new wave of pandemic health concerns](#) - American Psychological Association (APA) annual survey results detailing the impacts of COVID-19 on the mental health and well-being of Americans a year later.

[The Future of Healing](#) – Article by Dr. Shawn Ginwright on Healing-Centered Engagement

[Trauma-Informed Care Implementation Resource Center](#) - Developed by the Center for Health Care Strategies, this site offers a one-stop information hub for health care providers and other stakeholders interest