



Self-efficacy study of Augeo academy's online course on trauma-informed teaching shows:



AUGEO EDUCATES

“After following the online course, teachers feel better equipped to support children who have undergone adverse experiences.”

■ **Many children in the Netherlands have suffered adverse experiences. This includes, for example, children who have been abused or neglected at home, children whose parents separate acrimoniously with arguments and violence, children whose parents have serious psychiatric or addiction problems, and children who are bullied at school. Any of these can seriously perturb the stress system of these children.**

As a result, they feel unsafe and constantly tense at school. Teachers can notice it in the classroom; children may suffer intense emotions, exhibit restless or aggressive behaviour, or conversely become very quiet and withdrawn. A teacher can be a support figure for these children, so that they can at least feel safe and relaxed at school, and any serious damage is limited.

Augeo Academy developed an online course on trauma-informed teaching for primary school teachers. The course trains teachers how to be a reliable support figure for children who have suffered adverse experiences. A study was carried out to look at how the course has been helping teachers to feel that they are able to fulfil this role well.

The study shows that teachers feel they have a crucial role as support figure for children who have undergone adverse experiences. Teachers already had this feeling before following the course, but afterwards this view was reinforced significantly.

Design of the study

PI Research was commissioned by Augeo academy to study the effects of the online course on 190 primary school teachers (with an average 10-14 years of work experience) across the Netherlands in the period April 2016 to August 2016.

The researchers asked the question: does the course affect the knowledge, skills and attitudes of the teachers to support children who have undergone adverse experiences, and do these teachers now feel better equipped to deal with them? To measure this, the teachers completed a questionnaire before and after following the online course. They responded to various statements using a 10-point scale.



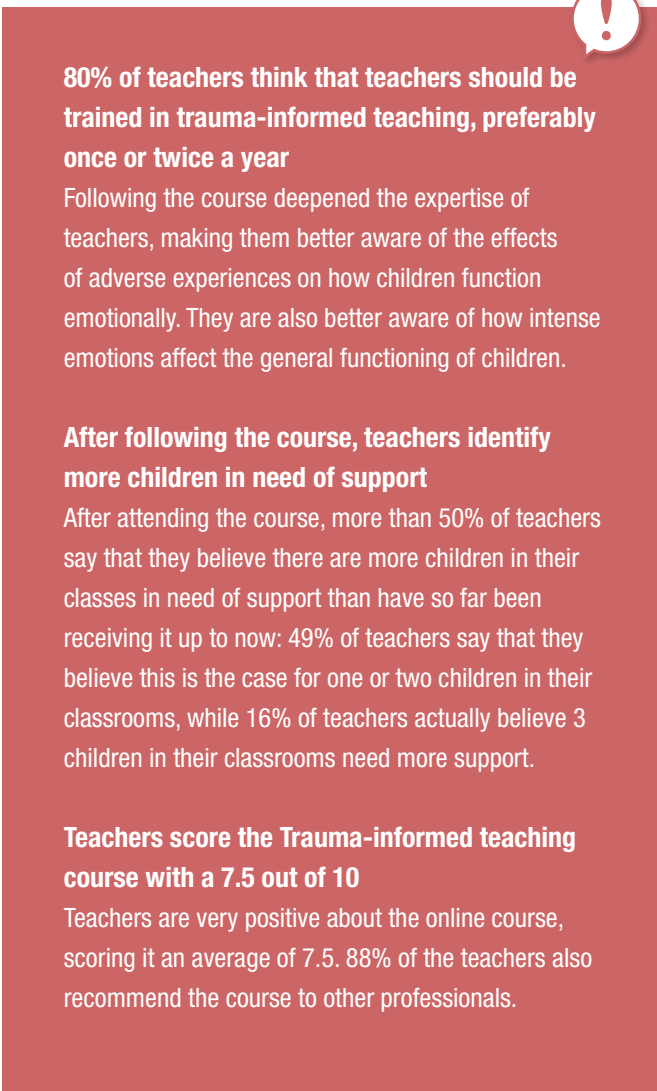
“Teachers feel they are key support figures for children with adverse experiences”

After following Augeo academy's online course, teachers feel they are better equipped to provide support, and they are more aware of the support measures they can use, especially in the following areas:

- **Increase safety:** For example, teachers are better aware of how the classroom layout affects how safe children feel, and how they can create a safe atmosphere in the classroom.
- **Foster relationships:** For example, teachers say that they are better able to deal with children who do not respond to their support or remain evasive, and that they are better able to give children practical and personal compliments.
- **Regulate emotions:** For example, teachers say they can more easily discuss intense emotions with children, that they are better able to calm down children with violent emotions, and able to teach them strategies to calm themselves down.
- **Direct behaviour:** Teachers feel better able to explain the situation to children, and are in a better position to get children out of a situation by getting them to focus on the here and now.

Teachers also feel that they can talk more easily to parents and children about a child's adverse experiences; they find it easier to establish contacts with these children, and get parents involved in the way the teacher deals with the child at school and in the classroom. Moreover, after attending the course it appears that teachers can better assess their role as a support figure for children, compared to other professionals.

The last survey of the study will follow this autumn. We would like to know if the improvements caused by the course are lasting, and whether changes in attitude can be observed in the long term. This concerns, for example, teachers' opinions about their role as support figures for children with adverse experiences, and the extent to which they feel able to offer children support. Changing attitudes is in any case a long-term process, and the effects can only be seen after an extended period.



80% of teachers think that teachers should be trained in trauma-informed teaching, preferably once or twice a year

Following the course deepened the expertise of teachers, making them better aware of the effects of adverse experiences on how children function emotionally. They are also better aware of how intense emotions affect the general functioning of children.

After following the course, teachers identify more children in need of support

After attending the course, more than 50% of teachers say that they believe there are more children in their classes in need of support than have so far been receiving it up to now: 49% of teachers say that they believe this is the case for one or two children in their classrooms, while 16% of teachers actually believe 3 children in their classrooms need more support.

Teachers score the Trauma-informed teaching course with a 7.5 out of 10

Teachers are very positive about the online course, scoring it an average of 7.5. 88% of the teachers also recommend the course to other professionals.

Would you like some more information about the results of this study, or courses available from Augeo academy?

Then please send an email to info@augeoacademy.nl

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