# Training Course on Crisis Intervention and Post-Trauma Support for Students

Professional Development Training Course Outline

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| **Category** | Educational Leadership and Management | **Duration** | 5 Days |
| **Base Fee** | $1,500 USD | **Delivery Mode** | Online / On-site Hybrid |

## Course Introduction

In today's educational environment, students face unprecedented emotional, psychological, and social challenges. From school violence and bullying to personal trauma and family crises, the need for structured and evidence-based crisis intervention training has never been greater. Training Course on Crisis Intervention and Post-Trauma Support for Students equips educators, counselors, and student support staff with the necessary tools to recognize, respond to, and support students experiencing emotional and psychological distress. Grounded in trauma-informed practices, the course addresses prevention, response, and recovery strategies essential for creating a safe and supportive learning environment.

This training combines mental health first aid, student resilience building, and restorative intervention techniques to empower school staff with the competencies needed to manage acute student crises and long-term trauma recovery. By integrating real-world case studies, interactive modules, and actionable strategies, participants will learn how to identify crisis signs, de-escalate emotionally charged situations, and provide appropriate post-trauma support. The program is aligned with global standards in student wellness, behavioral management, and trauma-sensitive pedagogy.

## Programme Curriculum

**Training Course on Crisis Intervention and Post-Trauma Support for Students**

**Introduction**

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**Course Objectives**

1. Define student crisis and trauma within school settings.
2. Identify early signs of mental distress and trauma in children and adolescents.
3. Apply trauma-informed care principles in daily school interactions.
4. Implement effective crisis response protocols for school-based emergencies.
5. Utilize psychological first aid techniques in acute scenarios.
6. Build student resilience through structured emotional support frameworks.
7. Collaborate with caregivers, teachers, and therapists for trauma recovery.
8. Integrate restorative practices into post-crisis student reintegration.
9. Address student behavior through a trauma-sensitive lens.
10. Document and report crisis cases effectively and ethically.
11. Leverage school-community partnerships for long-term student healing.
12. Create individualized post-trauma care plans.
13. Enhance school-wide crisis preparedness and policy frameworks.

**Target Audiences**

1. School counselors
2. Teachers (K-12)
3. School administrators
4. Child psychologists
5. Special education staff
6. Social workers
7. Youth mentors and coaches
8. School safety officers

**Course Duration:** 5 days

**Course Modules**

**Module 1: Understanding Student Crisis and Trauma**

- Definition of crisis and trauma in educational settings
- Types of student trauma (acute, chronic, complex)
- Impact of trauma on learning and behavior
- Cultural and contextual factors in trauma response
- Recognizing behavioral red flags
- **Case Study**: Supporting a student after a natural disaster

**Module 2: Psychological First Aid (PFA) for Schools**

- Core principles of PFA
- Immediate actions during a student crisis
- Listening, comforting, and calming techniques
- Prioritizing student safety and stability

- Referrals and follow-up support
- **Case Study**: Applying PFA during a school lockdown

**Module 3: Trauma-Informed Teaching Practices**

- Building trust and safety in the classroom
- Managing behavioral triggers with compassion
- Encouraging student voice and choice
- Adapting curriculum for trauma-impacted learners
- Reflective teaching and self-awareness
- **Case Study**: Classroom transformation using trauma-informed strategies

**Module 4: Crisis De-escalation Techniques**

- Verbal and non-verbal de-escalation methods
- Avoiding power struggles with distressed students
- Maintaining personal safety and boundaries
- Collaborating with school crisis teams
- Effective communication under pressure
- **Case Study**: De-escalating a student meltdown during exam season

**Module 5: Post-Trauma Recovery and Reintegration**

- Designing individualized recovery plans
- Supporting attendance and academic catch-up
- Building peer support systems
- Collaboration with family and external support services
- Managing trauma reminders and flashbacks
- **Case Study**: Reintegration of a student post-domestic violence

**Module 6: Building Student Resilience**

- Fostering self-regulation and coping strategies
- Promoting self-esteem and emotional literacy
- Incorporating mindfulness and SEL activities
- Strength-based goal setting
- Celebrating progress and small wins
- **Case Study**: Long-term support for a grief-impacted student

**Module 7: School-Wide Crisis Planning**

- Crisis prevention and preparedness strategies
- Building effective school response teams
- Communication protocols and drills
- Risk assessment and mitigation planning
- Policy review and compliance
- **Case Study**: Crisis readiness audit in an urban school

**Module 8: Collaboration and Community Engagement**

- Partnering with mental health organizations
- Conducting trauma screenings and assessments
- Engaging parents and guardians in trauma recovery
- Hosting awareness workshops and training
- Sustaining community-based crisis support systems
- **Case Study**: Collaborative care in a rural school setting

**Training Methodology**

- Interactive presentations with real-life scenarios
- Hands-on simulation exercises and role-play
- Group discussions and peer sharing
- Reflective journaling and personal growth plans
- Downloadable toolkits and resource guides
- Pre- and post-course assessment surveys

**Register as a group from 3 participants for a Discount**

**Send us an email: info@fineskilltrainingcenter.org or call** *+254769199797*

***Certification***

*Upon successful completion of this training, participants will be issued with a globally- recognized certificate.*

***Tailor-Made Course***

*We also offer tailor-made courses based on your needs.*

**Key Notes**

**a.** The participant must be conversant with English.

**b.** Upon completion of training the participant will be issued with an Authorized Training Certificate

**c.** Course duration is flexible and the contents can be modified to fit any number of days.

**d.** The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

**e.** One-year post-training support Consultation and Coaching provided after the course.

**f.** Payment should be done at least a week before commence of the training, to Fineskill Training CenterANCY LD account, as indicated in the invoice so as to enable us prepare better for you.

## Upcoming Scheduled Sessions

| Start Date | End Date | Location | Price |
|---|---|---|---|
| **23 Nov 2026** | 27 Nov 2026 | Online | $1,000 |
| **23 Nov 2026** | 27 Nov 2026 | Physical | $1,500 |
| **23 Nov 2026** | 27 Nov 2026 | Physical | $3,000 |
| **23 Nov 2026** | 27 Nov 2026 | Physical | $3,000 |
| **23 Nov 2026** | 27 Nov 2026 | Physical | $6,000 |

| Start Date | End Date | Location | Price |
|---|---|---|---|
| **23 Nov 2026** | 27 Nov 2026 | Physical | $4,500 |
| **23 Nov 2026** | 27 Nov 2026 | Physical | $6,000 |
| **23 Nov 2026** | 27 Nov 2026 | Physical | $6,000 |

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