

# special services providers

## and trauma-informed practices

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### LET'S START HERE

**Place 1:** Write down a place where you feel safe. How do you feel when you think of this place? (e.g., bodily reactions, thoughts, emotions)

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**Place 2:** Now, write down a place that feels less safe. How do you feel when you think of this place?

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How did your mind and body react to place 1 versus place 2? Now think about these places in the context of our students. We will revisit this concept in a bit.

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### TRAUMA & RELATED OUTCOMES

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# THANK YOU!

I hope you enjoyed the presentation. If you have any questions or would like to discuss a topic I touched on further, do not hesitate to contact me at my UNCo email [hari2586@bears.unco.edu](mailto:hari2586@bears.unco.edu) or my personal email [kpharitopoulos@gmail.com](mailto:kpharitopoulos@gmail.com).

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