

TRAUMA AND AMYGDALA HIJACKS

This training is broken into two parts.

Date:
January 22, 2025

Location:
ESC of Lake Erie West
2275 Collingwood Blvd.
Toledo, OH 43620

Time:
8:30 AM - 11:30 AM

Contact Hours:
3 hours

Target Audience:
Any educators, staff, district
leaders or other school
personnel working directly with
students.

Contact:
Elizabeth Kregel,
ekregel@esclakeeriewest.org

Cost:
Scan or click below for cost and
registration information

**To register and pay,
click or scan here:**



Aligns with the Ohio Department of
Education & Workforce's 4 Priorities

- Literacy
- Learning Acceleration
- Student Wellness
- Workforce Readiness

During the first part of this training, participants will learn about:

- How - trauma re-wires the brain and how and why students of all ages can experience amygdala hijacks.
- How - an amygdala hijack occurs when the amygdala overrides a person's ability to respond rationally to a perceived threat.
- Why - we often see students extremely escalated and exhibiting violent behavior during these events.
- Why - this type of behavior is especially common in kids who have experienced trauma.

During the second part of the training we will discuss:

- How - educators can safely and effectively manage "hijacked" students and get to the root cause of the behavior.
- Why - punitive measures don't work
- What - we can do instead.
- How - trauma explains the behavior, but it does not excuse it.

