

Comprehensive Evaluation Report: Trauma-Informed Practices (TIP) Workshop, Tauranga 2023

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Executive Summary The Trauma-Informed Practices (TIP) Workshop held in Tauranga on November 3, 2023, brought together 57 educators to explore strategies for supporting students impacted by trauma. Emphasising cultural responsiveness, relational neuroscience, and self-regulation, the workshop introduced practical, oranga-informed (wellbeing-centered) approaches to address the complex needs of learners. Participants highlighted the transformative potential of these practices, with 96% reporting increased confidence in implementing trauma-informed strategies. This report outlines the workshop's key findings, participant insights, and actionable recommendations for expanding trauma-informed education in Aotearoa.

Introduction Trauma-informed education is crucial for fostering safe, inclusive environments where all learners can thrive. The Tauranga TIP workshop aimed to deepen participants' understanding of trauma, its impacts on learning, and culturally grounded strategies for creating supportive classrooms. This report evaluates the workshop's outcomes, with a particular focus on the integration of Te Ao Māori perspectives and the 6 R's framework (Regulate, Relate, Reason, Reflect, Repair, and Restore).

Methodology Evaluation data was collected through:

- Surveys completed by all 57 participants.
- Qualitative reflections on key learnings and practical applications.
- Facilitator observations and session recordings.

This mixed-methods approach captured both the quantitative impact and qualitative experiences of the attendees.

Participant Demographics Participants included teachers, learning support coordinators, principals, and teacher aides, representing a diverse range of schools and kura. A significant proportion identified as Māori, underscoring the importance of culturally responsive practices in trauma-informed education. One participant reflected, "This workshop not only validated Te Ao Māori principles but showed us how to embed them meaningfully in our classrooms."

Key Findings

1. Workshop Effectiveness

- **Presenter Knowledge and Engagement:**

- 100% of participants rated the facilitator as highly knowledgeable. “The presenter’s ability to weave neuroscience with practical examples made the content accessible and relevant,” noted one attendee.

- **Motivation to Continue Learning:**

- 96% expressed a desire to pursue further professional learning in trauma-informed practices. “This workshop has inspired me to explore the connection between trauma and cultural identity further,” shared a teacher.

2. New Learnings and Applications

- **Oranga-Informed Practices:**

- Participants appreciated the emphasis on using purākau (Māori narratives) to contextualise trauma. One attendee stated, “Understanding trauma through Māori frameworks like whakapapa and purākau empowers us to approach tamariki with greater empathy and cultural awareness.”

- **The 6 R’s Framework:**

- Many participants highlighted the value of the 6 R’s in addressing dysregulation. “Healing happens through connection, and this framework gives us a pathway to foster that connection,” shared one principal.

- **Self-Regulation Techniques:**

- Breathwork, yoga, and sensory tools were identified as key strategies. “Teaching students to regulate their emotions through mindfulness has transformed how I support tamariki,” reflected a teacher aide.

- **Spaces for Regulation:**

- Participants emphasised the need for safe, quiet spaces in schools. “Creating calming zones for both students and staff is crucial for co-regulation and long-term wellbeing,” noted one educator.

3. Barriers to Implementation

- **Time Constraints:**

- Many participants cited limited time for professional learning and implementation. “Integrating these strategies requires a

commitment of time that's hard to find in our busy schedules," observed a teacher.

- **Resource Accessibility:**
 - The lack of centralized, culturally relevant resources was a common concern. "We need a hub for tools and materials that align with Māori and Pacific perspectives on trauma-informed education," suggested one participant.

Participant Reflections

- "Understanding the impact of intergenerational trauma has changed how I approach both tamariki and their whānau."
- "The science behind trauma reminded me that behaviours are often communication, not defiance."
- "This workshop gave me practical tools and a new lens for creating safe, inclusive spaces."

Recommendations

1. **Expand Professional Development Opportunities:**
 - Organise follow-up workshops focusing on advanced strategies and their integration into school-wide practices.
2. **Develop Resource Hubs:**
 - Create an online platform for oranga-informed resources, including templates, videos, and case studies.
3. **Foster Collaborative Networks:**
 - Establish professional learning groups to share successes and address challenges collectively.
4. **Prioritise Educator Wellbeing:**
 - Include self-regulation and mindfulness training for educators to support their resilience and effectiveness.

Conclusion The Tauranga TIP Workshop successfully empowered educators with practical, culturally responsive strategies to support students impacted by trauma. By integrating relational neuroscience, cultural narratives, and evidence-based techniques, the workshop laid a strong foundation for creating safe and inclusive learning environments. Continued professional development and resource investment will be vital to sustaining and expanding these practices across Aotearoa.