

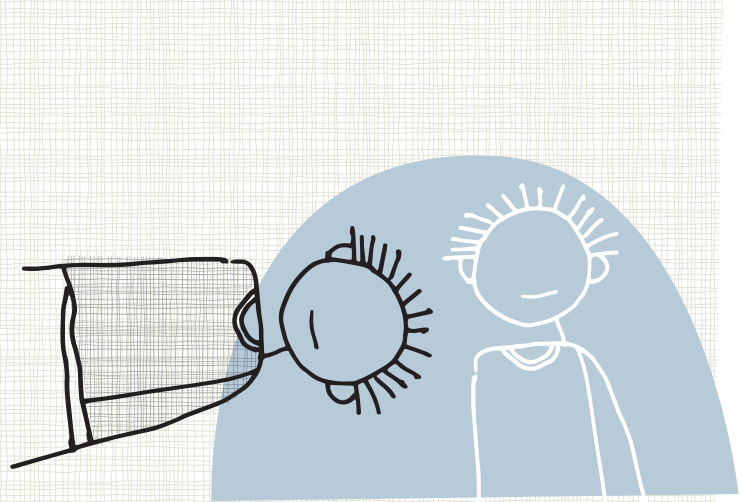
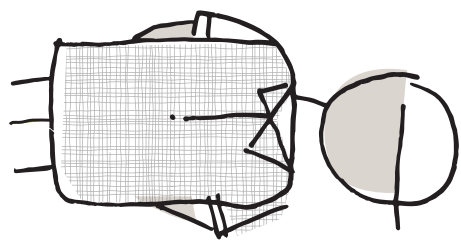
a trauma sensitive practice



Trauma sensitive practice focuses on being safe and feeling safe.

Its goal is to restore a sense of safety, in environment, relationship, body and mind.

Once calm, we can connect, learn and build resources for resilience and wellbeing.



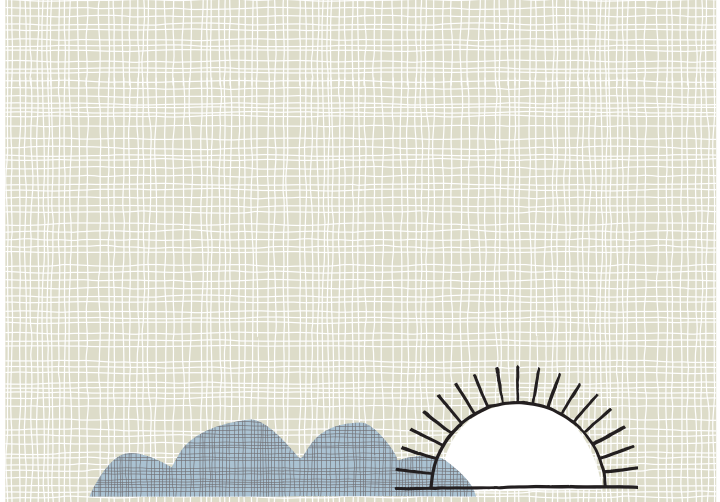
we are the weather makers for our community

“Our embodied and relational brains are *co-organising*, always responsive to the brains of others who are with us. In the presence of safe, attuned others, our brains will find their way toward health.” *Bonnie Badenoch*

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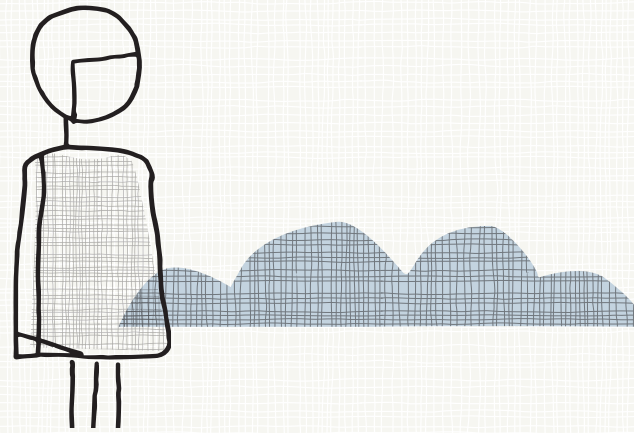
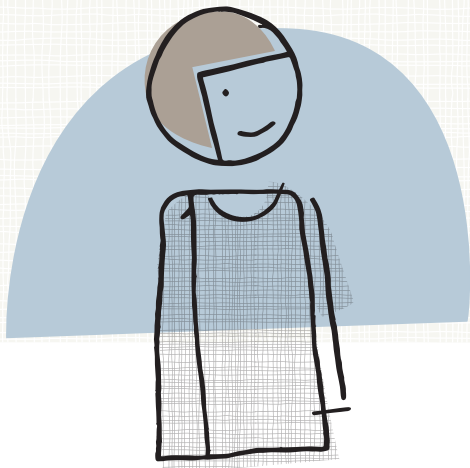


sonja vanderaa

trauma and behaviour consultant

I provide

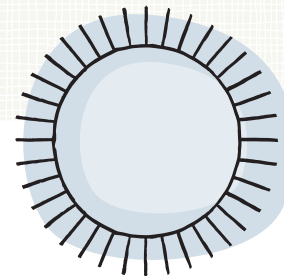
- * person-centred planning
- * learning plan reviews
- * functional behaviour assessment
- * conference presentations
- * 1 day workshops
- * spaced learning programs
- * customised consultation



I practice positive behaviour support

- * Positive Behaviour Support (PBS) is a set of research-based strategies used to increase quality of life and decrease problem behaviour by teaching new skills and making changes in a person's environment." apbs.org

A whole school approach to **PBS** provides systems to support staff behaviour, data to guide decision-making and research-based practices to support student behaviour.



I work with departments, school communities, interagency teams and professional groups in order to:

- * **build staff resources** for trauma sensitive practice, including professional self-care and wellbeing;
- * **improve academic and social inclusion** of children with challenging behaviour and intensive support needs.