



HOPE 4 THE WOUNDED

CONNECTING THE DOTS 4 SOCIAL
EMOTIONAL LEARNING

Supporting the Wounded Educator: A Trauma-Sensitive Approach to Self-Care 16-Hour Online Course Syllabus

**Joe Hendershott, Ed.D., Instructor
Dardi Hendershott, Co-Author**

Course Description:

Expanding upon Dr. Hendershott's book co-authored with Dardi Hendershott "Supporting the Wounded Educator: A Trauma-Informed Approach to Self-Care", this course will explore a practitioner-based path forward in the personal health, wellness, and success of those working with wounded students. Participants will examine core strategies and challenge points for implementing effective self-care as well as discover their role in creating a thriving culture.

Goals/Objectives:

- Participants will understand the signs of compassion fatigue.
- Participants will explore how personal trauma and/or secondary trauma can impede effective self-care.
- Participants will examine the "Why? What? and Who?" for the change desired within their organization.
- Participants will practice self-reflection designed to discover skills/resources as well as to identify possible challenge points in serving the wounded student.
- Participants will form strategies for choosing active over reactive behaviors to find balance in times of stress.
- Participants will be resourced to create a practitioner-based personal plan for mental, physical, emotional, and professional health through personal and professional self-care strategies.

Dr. Joe Hendershott has become a nationally recognized expert for his work on understanding wounded students™ —children who are beyond "at-risk." His professional experiences as a teacher, school administrator, author, and researcher lend credibility when he provides his training to educators and other professionals working with children. His personal passion as an adoptive father adds a unique dimension that captivates audiences in all phases of their careers. Dr. Hendershott has received several awards recognizing his work including the National Crystal Star Award for Dropout Prevention & Intervention as well as the Professor Raymond W. Bixler Award for Excellence in Education.

Dardi Hendershott is a certified health and wellness coach and trained/formerly licensed foster/adoptive parent. She is a huge advocate for professionals working with children of trauma. Her own experiences as an adoptive mother and years of walking alongside Joe through the trials and tribulations of teaching and education administration give her a unique perspective to the demands placed on professionals serving wounded children that she has shared at educational conferences, with faith-based audiences, and with education majors at universities. Her passion is to equip, empower, and encourage those in the trenches each and every day with HOPE.

Participants who successfully complete this course offering from Hope 4 The Wounded, LLC, are eligible for CEU credits from most states and school districts. However, since all states and districts can have differing requirements, it is recommended that you check with your district and/or state licensing agency to determine eligibility before enrolling in the Supporting the Wounded Educator Certificate course.