

SOUTHERN ILLINOIS AND LEWIS AND CLARK READING COUNCILS

BOOK TALK TUESDAY

Literacy as a Tool for Healing and Trauma

Presenter: Dr. Julie Hoffman

May 4, 2021

6:30 – 7:30

Virtual Zoom Meeting – Register for Link

Link to Register: <https://forms.gle/GeCL7gJXdfx9VyHr5>

Teachers can earn 1 CPDH



Healing from trauma can be scary, messy, and complicated. Fortunately, the power of story can help. This session will cover some of the basic regarding trauma, including a review of the physiological responses (fight, flight, freeze). There will be discussion about how vicarious experiences (being in the shoes of a fictional character) helps a reader know they are not alone, introduces new coping mechanisms, and provides a safe place to approach traumatic experiences.

Expect lively read-alouds and group discussions about how the books can be used to teach SEL goals in general or toward healing from trauma. You will receive a link to a comprehensive book list, but you might also want to start filling your Amazon cart during the presentation!

Audience: All, with a focus for grades 4 - 8

Questions? SIRC President Michelle Mohr at (618) 521-0891 or mmohr@steeleville138.org



**Lewis & Clark
Reading Council**