

## **Trauma-Informed Strategies to Support Complexly Traumatized Adolescents in Schools in the Time of the COVID-19 Pandemic**

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Complexly and collective traumatic experiences change the brain's structure and functioning. This affects children's and adolescents' perception and abilities to integrate information into a cohesive whole. It alters adolescents' developmental trajectory in seven domains including cognition, affect regulation, and behavioral control. These survivors need access to support systems to help them develop stable relationships that scaffold therapeutic practices to foster neuroplasticity, which facilitates coping and building resilience. Education policy reform addressing the need for courses in neuro-education for complexly and collectively traumatized students in the aftermath of COVID-19, trauma-informed strategies and a systematic campaign to raise awareness are recommended. Additional research that focuses on adolescent trauma prevalence is necessary. *[Article copies available for a fee from The Transformative Studies Institute. E-mail address: [journal@transformativestudies.org](mailto:journal@transformativestudies.org) Website: <http://www.transformativestudies.org> ©2020 by The Transformative Studies Institute. All rights reserved.]*

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### **INTRODUCTION**

Complex trauma, also known as developmental trauma or childhood adverse experiences (ACES), is a pervasive problem of epidemic proportions engendering academic failure, disease, and mortality. In neuroscience, psychology, and education, there has been an increasing

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