

Trauma-informed practice for People Seeking Asylum in Education and Training

1 .How to recognize the signs of trauma:

- Body language,
- Excessive smoking,
- Observe if there is any behaviour change,
- Assume at the beginning that every person seeking asylum has experienced some sort of trauma.

2. Some shared trauma informed strategies used in different roles and why they are important:

- Build trust and let them drive the conversation once you speak to them,
- Do not ask difficult or intrusive questions in regards to their respective situations; in class or in face-to-face conversations as it is not your area of expertise,
- Give them the opportunity to share their stories once they feel ready,
- Acknowledge their own languages and cultures,
- Invite them to start the class with some stretches, exercises, yoga,
- Let them make their own decisions for the future, increase their self-agency and engagement.

3. How to escalate if the case is beyond someone's capacity:

- Refer to specific counselling services,
- Maintain a directory of local agencies where you can refer them if required.