

# Trauma and Your EL Student



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# N's Story

Listen to the story of my student and think about her life before compared to now.

What are some things that may cause stress in her life?

What are some of the things that cause your student stress?

# Courtesy of CAELA

## Effects of Trauma on Learning

"[Traumatic events] can overwhelm the ordinary systems of care that give people a sense of control, connection, and meaning" (Herman, 1992, p. 33). Since language learning demands control, connection, and meaning, adults experiencing effects of past or current trauma are particularly challenged in learning a new language. They may be affected by symptoms of post traumatic stress disorder, be clinically depressed, have repressed memories of previous abuse, or display visible signs of emotional distress. Victims of trauma may also experience concentration and memory loss (Canadian Centre for Victims of Torture, 2000).

# Stress and Trauma

Possible Causes:

Experiences with violence or torture, rape or sexual assault

Murder of family, friends, children

Moving to a new culture/country

Separation from family/social structure (sometimes forced)

Path to the US

Learning a new language

Gender Expectations/both parents expected to work

Family members with special needs

Social structure in their country exists in their ex-pat community (castes)

Family members left in country

Poverty

Discrimination

Poor working conditions

Public transportation

Isolation, boredom

Access to foods from home

Unable to return home in an emergency

Kids learning English faster and acculturating/losing their culture

# Symptoms

Body aches and pains, chronic illness

PTSD

Depression

Anxiety

Grief

# Tips

Let students participate as much as they want in activities

Find out about community resources

Don't assume everyone has experienced trauma--just moving to another culture is

Stressful!

Create a safe space

Rely on existing partners to work with the student--don't be a social worker!

Making referrals when appropriate.



Questions??

# Resources

<http://www.cal.org/resource-center>

<https://med.virginia.edu/family-medicine/clinics/international-family-medicine-clinic/>

<https://uvahealth.com/locations/profile/family-stress-clinic>

<http://thewomensinitiative.org/>

<http://www.readykidscville.org/>

<httphttps://www.unitedwaytja.org/need-help/information-referral://regionten.org/>

# Resources

<https://www.cvillefreeclinic.org/>

<http://www.cj-network.org/>

<https://www.justice4all.org/>

<http://www.charlottesville.org/departments-and-services/boards-and-commissions/human-rights-commission>

<http://sinbarrerascville.com/>