



Mentoring Youth Who May Have Experienced Trauma

Strategies for Building Strong Mentoring Relationships

- Understand mentee through a trauma-sensitive lens
- Provide authentic empathy and attunement
 - “No-matter-what” caring
- 5:1 ratio for relationship “deposits” to “withdrawals” (ratio of affirmations to criticisms/confrontations)
- Don’t take mentee’s behavior personally
- Provide student with a different response than the one he/she typically gets
 - Listening, attempting to understand vs. judgment and admonishment
- Avoid blaming
 - Reframe current situations as relational/contextual factors vs. personal failure
- Convey hope and empowerment
- Acknowledge mistakes when they happen and find healthy ways to move on
- Connect with student’s other caregivers
- Be a strong advocate for your mentee

Quick Tips Supporting Yourself Throughout the Day

- Don’t take things so personally
- Have realistic expectations for yourself
- Simplify
- Give yourself a brain break
- Drink water
- Treat yourself to something pleasurable
- Catch a positive
 - Acknowledge and savor something positive that happens in your sessions
- Check in with yourself when you feel your rider falling off your horse
 - Stop and ask yourself, “What is happening here?” What do I need?
- Let go at the end of the day
 - Ritual
 - Music instead of the news
- Know that you are doing the best you can, given the deck of cards you’ve been handed at any moment
 - This self-compassion can help you do better next time

Healing Resources

- **Resilience** http://www.aps.org/helpcenter/road_resilience.asp
- **Greater Good Science Center** www.Greatergood.berkeley.edu
- **Collaborative Problem Solving** <http://www.livesinthebalance.org>
- **Mindfulness** www.mindfuleducation.org/resources.html & www.mindfulschools.org