



**THE LIGHTHOUSE®**  
CENTER FOR WELLBEING

## SCHOOL COUNSELORS CONNECT

*Join us for a Morning of Learning  
and Networking on the topic of*

***Being Trauma-Informed in Schools:  
What it Means***

Panel Discussion

***Thursday, October 9<sup>th</sup>, 2025***

***8.30 am – 10 am***

Join us for an engaging and practical panel discussion that will give school counselors an opportunity to reflect on what it means to be trauma-informed in school — not just in theory, but in daily practice. Together, we will explore how individual responses and collective school culture can shape safety, empathy, and resilience. We will also examine the barriers that often get in the way of putting trauma-informed care into action. We invite you to bring your questions, curiosity, and perspectives on how to create safer, more supportive school environments for all.

### Key takeaways:

- What it really means to be trauma-informed, and how schools can implement trauma-informed interventions, practices, and mindsets that support both students and staff.
- How trauma impacts student behavior, learning, and relationships.
- Key trauma-informed strategies for classrooms and school-wide support.
- Ways to build regulation, resilience, and safety into daily school life.

### Panelists:



Farah Dahabi, LCSW (US)  
Clinical Social Worker  
TRAUMA & CRISIS SERVICES, DIRECTOR



Dr. Hopolang Matee, PhD (South Africa)  
Clinical Psychologist  
EDUCATION TEAM, LEAD



Kirsten Nefdt, MA (South Africa)  
Clinical Psychologist

### Facilitated by:



Dr. Daniela Salazar, PhD (Colombia)  
Clinical Psychologist  
EDUCATION DIRECTOR

**This is an in-person event taking place at The LightHouse Arabia. It is for school counselors, educators and mental health professionals working in a school setting.**

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Register: [lighthousearabia.com/events](https://lighthousearabia.com/events)