



Deborah Costa

Psychologist, Educator Training Provider

Teaching and treating to systematically and systemically to support traumatised students in education settings.



About Deborah

Deborah has expertise in trauma informed systems, techniques and treatments within education settings. Deborah was awarded the 2017 NSW Premier's Scholarship and travelled throughout the USA and UK researching whole of school reparative and resilience projects for addressing the needs of traumatised students in schools.

Deborah has specialist qualifications from the Trauma Center at JRI in Boston, extensive knowledge and experience and is a recognised leader in the field. Deborah regularly presents to education and health audiences at local, state and national level conferences and forums and delivers directly to schools.

REWIREed

Deborah has published a systematic, adaptable, school based model (REWIRE) for supporting traumatised students strategically, safely and successfully in NSW schools.

EMOTION COACHING TRAINING

Supporting professionals interacting with students and young people to be 'buffering caregivers' and confident in responding to distress in students.

- ☑ Promote development of emotional and behavioural regulation.
- ☑ Develop nurturing and emotionally supportive relationships.
- ☑ Support problem solving, resilience and wellbeing.



THE SCIENCE AND PRACTICE OF SELF-CARE

Understanding and action for professionals interacting with children and young people. How to thrive, not just survive.



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