

RESET Trauma Care and the CAT-kit: Supporting Teachers in Brooklyn

By: Niels Birkemose

In 2023–24, Danish psychologist Kirsten Callesen was invited to develop and facilitate Teacher Reset Week at Brownsville Collaborative Middle School in Brooklyn, in partnership with the D.R.E.A.M. Foundation. Over three intensive days, she led workshops on the Body–Mind Connection, Identifying Emotions and Letting Go (using the CAT-kit), and Havening-based stress release.



Danish psychologist Kirsten Callesen

Teachers reported “aha moments” as they realized how stress affected every part of their lives and discovered new strategies for release. Some experienced breakthroughs in processing unresolved trauma. Participants left with effective tools for daily stress management and renewed confidence in their roles as educators.



Kirsten Callesen working with the CAT-KIT in Brooklyn.

The success in Brownsville has sparked interest across the U.S. education sector. Social workers, school leaders, and community organizations have recognized RESET and the CAT-kit as cost-effective, scalable responses to rising teacher burnout and student trauma. Plans are underway to replicate these workshops in other New York schools and beyond.

One teacher described starting every math lesson with a brief RESET breathing exercise for herself and the students. “It sets the tone,” she explained. “I feel calmer, and the kids sense that. When one student became frustrated, instead of escalating, he pointed to a CAT-kit card that showed he was ‘overwhelmed.’ We paused, reset together, and then returned to the problem. That never happened before—we would usually spiral into conflict.” Callesen’s work in Brooklyn demonstrates that trauma care can extend beyond clinics. By equipping teachers with safe, evidence-based methods, RESET and the CAT-kit foster resilience, inclusion, and hope in schools under pressure. **These same methods have the potential to support traumatized children in war zones, offering tools to regulate emotions, process trauma, and restore a sense of safety even in the most fragile and high-stress environments.**