

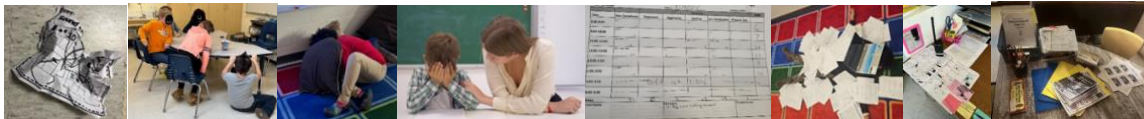
UNIVERSITY OF HARTFORD
**COLLEGE OF EDUCATION,
NURSING AND HEALTH PROFESSIONS**

**The Lived Experiences of Special Education Teachers and Their
Professional Quality of Life: A Balancing Act**

**June 28, 2024
9:30 am – 11:30 am**

[TEAMS MEETING LINK](#)

**Dissertation Presentation by
*Theresa Black Gouveia***



This qualitative study used interpretative phenomenological analysis (IPA) to examine the lived experiences of special education teachers as they shared their stories and feelings through interviews and photographs. Using the conceptual framework based on Stamm's (2010) ProQOL, this research documented, examined, and presents special education teachers' lived experiences-both positive and negative.



The results of this study revealed special education teachers' professional quality of life is often a delicate balancing act. They juggle multiple responsibilities, emotional demands, and professional expectations, which significantly shape their daily experiences and overall satisfaction with their jobs. Through their interviews and photos, participants' highlight how they manage competing demands and how this balancing act affects their overall well-being and job satisfaction.

Theresa Black Gouveia is an Elementary Special Education Supervisor in Connecticut. She holds a Bachelor of Arts in Psychology and a Master of Arts in Special Education from the University of Saint Joseph. Theresa was named the 2019 New Britain Teacher of the Year.