

THEORY INTO PRACTICE: EFFECTIVE STRATEGIES FOR STUDENTS WITH ANXIETY-RELATED AND OPPOSITIONAL BEHAVIOR

Instructor: Jessica Minahan

Date/Time: October 29, 2015 - 9:00 am - 3:00 pm

Audience: Guidance and Adjustment Counselors, School Social Workers, Nurses, School Psychologists, General and Special Educators, Guidance and Special Education Administrators, Principals, Community Mental Health Professionals

Location: Hampton Inn

319 Speen Street, Natick MA

Earn: 5.5 participation hours

WORKSHOP DESCRIPTION

The National Institutes of Health (NIH) reports that one in four thirteen-eighteen year olds has had an anxiety disorder in their lifetime. Without intervention, these children are at risk for poor performance, diminished learning, and social/behavior problems in school. Understanding the role anxiety plays in a student's behavior is crucial and using preventive strategies are key to successful intervention. Effective behavior plans for these students must avoid the reward and punishment-based consequences from traditional behavior plans and focus instead on the use of preventive strategies and on explicitly teaching coping skills, self-monitoring, and alternative responses.

As a result of this workshop, participants will be able to easily implement preventive tools, strategies, and interventions for reducing anxiety, increasing self-regulation, executive functioning, and self-monitoring.

The workshop will enable participants to:

- Understand the impact of anxiety on a child's learning and behavior
- Describe why common teacher practices and interventions may not work for students with challenges such as anxiety-related and oppositional behavior
- Learn effective interventions that are easy to implement in a busy classroom.

ABOUT THE PRESENTER

Jessica Minahan, MEd, BCBA, is a board certified behavior analyst and special educator, as well as a consultant to school's nationwide. Jessica has over seventeen years of experience supporting students who exhibit challenging behavior in urban public school systems. She is an adjunct professor at Boston University, a blogger on The Huffington Post, as well as the author of *The Behavior Code: A Practical Guide to Understanding and Teaching the Most Challenging Students*, with Nancy Rappaport (Harvard Education Press, 2012) and author of *The Behavior Code Companion: Strategies, Tools, and Interventions for Supporting Students with Anxiety-Related or Oppositional Behaviors* (Harvard Education Press, 2014).

Theory into Practice: Effective Strategies for Students with Anxiety-Related and Oppositional Behavior, October 29, 2015

To register: Go online at ACCEPT.org, fax or mail this form with check or P.O. payable to:

ACCEPT Education Collaborative, 220 North Main Street, Suite 201, Natick MA 01760

Cost per person: ___ ACCEPT Members¹ \$175 ___ Non-Members \$200
 ___ ACCEPT Members¹ \$155 Team² ___ Non-Members \$180 Team²

Amount enclosed (personal check) \$ _____ Purchase Order # (P.O.) _____

Name _____ Title _____ Grade/Level _____

District _____ School _____ Work Phone (____) _____

Work Address _____ E-mail (required) _____

¹ **ACCEPT** Member School Districts: Ashland, Dover, Dover/Sherborn, Framingham, Franklin, Holliston, Hopkinton, Medfield, Medway, Millis, Natick, Needham, Sherborn, South Middlesex Regional Technical and Sudbury

² A **TEAM** is three or more participants FROM THE SAME DISTRICT who register AT THE SAME TIME