

Reducing Anxiety and Defiant Behavior in Children

Presented by Jessica Minahan

CEU's/CPDU's/ ASHA CE: 6.5 hrs

Participants will learn easy to implement preventive tools, strategies, and interventions for reducing anxiety, increasing self-regulation, accurate thinking, and self-monitoring in children and adolescents through use case studies, humorous stories, and examples of common challenging situations.

Participants will be able to:

- list common antecedents for students with anxiety
- enumerate strategies to promote initiation, persistence, and help-seeking skills, in students with work avoidance
- identify why common teacher practices & interventions may not always work for students with anxiety-related behavior
- describe classroom friendly self-monitoring strategies
- list strategies for reducing negative thinking toward writing

Friday, April 20, 2018

8:00 am – 3:30 pm

Lunch on your own; Morning and afternoon snacks provided

Location:

Normal Community West High School Auditorium

501 N Parkside Road, Normal, IL 61761

Jessica Minahan is a licensed and board certified behavior analyst, special educator, and consultant to schools internationally. Jessica has over seventeen years of experience supporting students who exhibit challenging behavior in public school systems. She is 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).

Content: Professional Level of Difficulty: Intermediate

This is open to SLP, LBS1, Administrators, Psychologists, Social Workers and other related professionals.

If you work for a sponsor – please talk to your administrator to attend.

Sponsors: Central Illinois Speech Language Hearing Association, McLean County Unit 5, Bloomington District 87, HILIA, Champaign District 4, TriCounty Special Education Association, Morton District 709 Spec Education & The Chateau Hotel

Contact: Peggy Modglin modglinp@myunit5.org 309-336-6272



If you are an individual please use this to register and **submit payment of \$50.00** payable to **CISHA** to

Attn P Modglin c/o NCWHS

501 N Parkside Road, Normal, IL 61761

by April 5th, 2018

Name _____

Address _____

Title _____ Work place _____

Email _____