



Chesapeake Beach
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*Skill Building to Reduce Anxiety and Challenging Behavior
in Students during Challenging Times
-Live Webinar-*



Jessica Minahan, MEd, BCBA



Stuart Ablon, Ph.D

When: November 16, 2020, 12PM-3:15PM Eastern Standard Time

CE Hours: 3

Cost: \$100

Description:

We find ourselves in a particularly stressful time in history. During a pandemic that profoundly impacts everyday life, the level of anxiety in children and teens' has increased and the possibility of subsequent trauma has become greater. Without intervention, these students 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, trauma-sensitive strategies are key to successful intervention. Effective behavior interventions for these students must avoid the reward and punishment-based consequences from traditional behavior plans and focus instead on the use of preventive strategies that explicitly teach skills like problem-solving, flexibility, frustration tolerance, self-monitoring, and alternative responses.

Dr. Stuart Ablon and Jessica Minahan will combine their expertise in the areas to help participants learn the best ways to build skills in students 1) Through naturalistic opportunities to problem solve and 2) By using an analytic and prescriptive skill-building technique. Through the use of case studies, humorous stories, and examples of common challenging situations, participants will learn easy to implement preventive tools, strategies, and interventions for reducing anxiety, increasing self-regulation, flexibility, accurate thinking, and self-monitoring in students.

Learning Objectives:

Participants will be able to:

- A. Identify why some common teacher practices and interventions may not always work for students with trauma histories and anxiety-related behavior
- B. Identify common underdeveloped skills that contribute to the behavior challenges of many students with social/emotional needs.
- C. Enumerate strategies for reducing negative/unproductive thinking in students

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