

Reducing Anxiety and Oppositional Behavior in the Classroom

Presenter: Jessica Minahan



Since 2000, Jessica Minahan has helped clinicians, teachers and parents identify and understand the variables that cause students to act inappropriately. She has worked continuously with students who exhibit an infinite variety of behavior challenges in both urban and suburban public schools.

With up to 30% of American children struggling with anxiety, it's no surprise that overburdened teachers are overwhelmed as they face this challenge with minimal training in mental health and behavioral principles. Understanding how anxiety impacts a student's behavior is crucial and using preventative strategies is key.

This interactive workshop will take common classroom practices and shift them slightly into research-based, easy-to-implement strategies that any teacher can implement effectively. Through the use of case studies, humorous stories, and common challenging situations, participants will learn interventions for reducing anxiety and negative thinking, while increasing self-regulation and self-monitoring skills in anxious students.

March 5, 2020 8:30 a.m. - 3:30 p.m.

Berrien RESA • 6 SCECHs available for \$5 • Register by February 28

Questions? Contact Eric Hoppstock, Assistant Superintendent, at (269) 471-7725 ext. 1342 or eric.hoppstock@berrienresa.org

TO REGISTER, VISIT:

<http://www.solutionwhere.com/berrienresa/cw/showcourse.asp?537>

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Please note: Participants with physical or dietary limitations or requirements are asked to notify the workshop coordinator with any specific need before the workshop/event so appropriate accommodations can be made.

CANCELLATIONS:

Registration fee will be refunded only if cancellation is received two working days prior to the workshop start date. You must send an e-mail cancellation notice to sue.kruck@berrienresa.org containing the title of the workshop. Your reply message will be your confirmation.

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