|  |  |
| --- | --- |
| Abington SEPAC EVENTOctober 4thSTRATEGIES FOR REDUCING ANXIETY IN CHILDRENAbout This EventThe National Institutes of Health (NIH) reports that one infour 13-18-year-olds has had an anxiety disorderin their lifetime. Without intervention, these children are atrisk for poor performance, diminished learning, andsocial/behavior problems in school. Understanding the roleanxiety plays in a student’s behavior is crucial and usingpreventive strategies are key to successful intervention. Effective behavior plans for these students must avoid the reward and punishment-based consequences from traditional behavior methods and focus instead on the use of preventive strategies and on explicitly teaching coping skills, self-monitoring, and alternative responses. Easy to implement preventive tools, strategies, and interventions for reducing anxiety, increasing self-regulation, executive functioning, and self-monitoring will be discussed.**\*Books will be available for purchase\*** | Presenter: Jessica Minahan, M.Ed, BCBARelated imageBoard Certified Behavior Analyst, Special Educator and a Consultant to Schools Nationwide ────Jessica Minahan is a blogger on the Huffington post and author of The Behavior Code with Nancy Rappaport, and The Behavior Code Companion ([www.jessicaminahan.com](http://www.jessicaminahan.com)) ────Thursday, October 4th at 7:00 PM────Abington Middle/High School AuditoriumProudly sponsored by: Abington SEPAC |