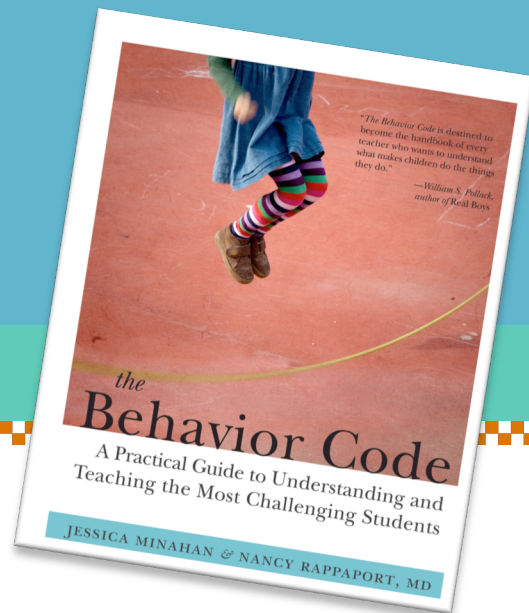


Between a Rock and a Calm Place

Effective Strategies for Anxiety-Related and Oppositional Behavior



Monday May 2, 2016

Location:

Kittredge Center
Holyoke Community
College
303 Homestead Ave,
Holyoke

413-552-2700

8:45 am- 11:45 am
(light breakfast at 8:30am)

Email To Register:
macmillan@massupt.org

About this Event

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.



Instructor: Jessica Minahan, M.Ed., BCBA

Jessica Minahan, M.Ed, BCBA is a board certified behavior analyst, special educator and international speaker and consultant. She is a blogger on the Huffington post and author of *The Behavior Code* with Nancy Rappaport , and *The Behavior Code Companion* (www.jessicaminahan.com).