

PRACTICAL STRATEGIES, TOOLS FOR ANXIETY-RELATED OR OPPOSITIONAL BEHAVIORS

By Jessica Minahan,
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Date: May 11, 2017
Time: 12:00-3:00p.m.
Where: Chicopee Public
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Nicole Heroux
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240 Sykes, St. Palmer, MA
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With up to one in four children struggling with anxiety in this county, overwhelmed adults are in need of a new approach as well as an effective and easy-to-implement toolkit of strategies that work.

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, work engagement, and self-monitoring.

Bio:

Jessica Minahan, MEd, BCBA, is a board certified behavior analyst and special educator and a consultant to school's nationwide (www.jessicaminahan.com). Jessica has over seventeen years of experience supporting students who exhibit challenging behavior in urban 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).