



New Workshop!
**Practical Trauma-Informed Strategies to Reduce
Anxiety in Students presented by
JESSICA MINAHAN, M.Ed., BCBA**
NOW AN ONLINE WORKSHOP VIA ZOOM
Wednesday, December 16 (3:30 – 6:00 EST)

Session: 21-RADB01

Description: With up to one in three children struggling with anxiety in this country, overwhelmed adults require a new approach as well as a practical and easy-to-implement toolkit of strategies that work. In the time of COVID19, and the subsequent societal changes, anxiety has become ever-present in students of all ages. It is probable that during a pandemic that heavily impacts everyday life, levels of anxiety in children and teens are even higher, and the possibility of subsequent trauma greater. Through the use of case studies, humorous stories, and examples of everyday challenging situations, participants will learn easy to implement preventive tools, strategies, and interventions for reducing anxiety, increasing self-regulation, accurate thinking, and self-monitoring in students. Effective strategies will be shared for distance-learning, hybrid, and in-person learning classrooms.

Audience: General education teachers, special ed teachers, counselors, school psychologists, administrators, OTs, SLPs, paraprofessionals and school nurses.

Presenter: Jessica Minahan, MEd, BCBA, is a licensed and board-certified behavior analyst, special educator, as well as a consultant to schools internationally (www.jessicaminahan.com). Jessica has over seventeen years of experience supporting students who exhibit challenging behavior in urban public-school systems. She is the co-author of *The Behavior Code: A Practical Guide to Understanding and Teaching the Most Challenging Students* (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).

Register online by Friday, Dec. 11, 2020 Register online: SmartPD link at <https://app.smartedu.net/nrc/pd/>

Registration Fee \$199 members; \$229 nonmembers. Free to NRC Staff

Hours/PDPs 2 hours. PDPs can be applied to Special Education

**Email is required. Confirmation of registration and subsequent communications are sent by email.*

Cancellation Policy: Refund can be issued provided notification of a participant's cancellation emailed to kbeck@nrcollab.org is received no less than fifteen (15) days before the workshop date. Registrants canceling after the registration deadline and no-shows are liable for the full registration fee. NRC reserves the right to cancel or postpone under enrolled workshops.

Questions? Call 781-878-6056; Kimberly Beck x102, email kbeck@nrcollab.org

Register Online: SmartPD link <https://app.smartedu.net/nrc/pd/>



North River Collaborative • Professional Development Behavior Management

v. 101920

Register by FAX: Almshouse Office fax 781-982-9787