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## **PRACTICAL TRAUMA-INFORMED STRATEGIES TO REDUCE ANXIETY IN STUDENTS**

**SPEAKER: JESSICA MINAHAN, MeD, BCBA**

**March 8, 2022 | 8:30 am - 3:30 pm Central Time**

**ZOOM - INTERACTIVE WEBINAR**

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. Virtual classroom and traditional classroom examples will be shared.

**THIS IS A PRACTICAL STRATEGIES SEMINAR!** During this interactive training, participants will take away functional ideas and tools (applicable for K-12th grade) that can be used right away to support their students. These tools will help them (and you) be more calm, connected, and confident.

### **WHO SHOULD ATTEND?**

Special Education teachers, Speech and Language pathologists, OT's, counselors, general education teachers, administrators, psychologists, psychiatrists, social workers, TAG teachers, PT's, principals, nurses, parents, and anyone who works with someone on the autism spectrum, ADHD, bi-polar, or other learning disabilities or has executive functioning deficits.



### **JESSICA MINAHAN, MeD, BCBA**

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](http://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).

**Financial Disclosure:** Jessica Minahan receives an honorarium for her presentation with AEP Connections, LLC. Jessica is a paid education consultant and trainer and also receives royalties for the books that she has written. Non-financial: Jessica Minahan has reported no conflicts of interest, financial, or non-financial relationships regarding this presentation.

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# PRACTICAL TRAUMA-INFORMED STRATEGIES TO REDUCE ANXIETY IN STUDENTS

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## LEARNER OBJECTIVES:

1. Describe the relationship between anxiety and working memory
2. Describe why traditional breaks might not be effective for students with anxiety or trauma histories
3. Identify why common interventions may not always work for students with anxiety-related behavior
4. Enumerate strategies for reducing negative thinking toward writing
5. Participants will be able to enumerate strategies to promote initiation skills in students with work avoidance

## WEBINAR SCHEDULE *(All times are Central Standard Time)*

- 8:30 Welcome
- 8:35 Rates of anxiety and trauma in children and teens
- 8:40 Relationship between anxiety and working memory
- 8:47 Essential principals of behavior
- 8:55 Behavioral symptoms of anxiety
- 9:05 Underdeveloped skill associated with anxiety
- 9:10 Why traditional behavior interventions fall flat
- 9:15 Introduction of the FAIR Plan
- 9:17 Why some students seek negative attention
- 9:30 Interaction strategies and relationship building
- 9:40 Responding to and supporting students with pandemic-related anxiety
- 9:50 Break
- 10:00 Consultation protocol - 10 questions activity
- 10:40 Why breaks may not be helpful and how to change that
- 11:05 Use of biofeedback
- 11:15 Dissecting transitions to reduce oppositional behavior and case study practice
- 12:15 Lunch Break
- 1:15 Neurobiology of work avoidance
- 1:40 Accommodations/preventative strategies for students with underdeveloped initiation, persistence, and help-seeking skills
- 2:00 Teaching persistence skills to increase work engagement and independence.  
Teaching help-seeking skills to increase work engagement and independence.  
Teaching initial skills to increase work engagement and independence.
- 2:40 Teaching self-regulation skills
- 3:00 How to reduce negative thinking towards writing
- 3:10 Tips on giving directions to reduce oppositional responses
- 3:15 Effective responses to oppositional behavior
- 3:25 How to shift reinforcement systems to increase skill development
- 3:30 Closing remarks

*This is an interactive "live-stream". You will be able to ask questions throughout the day as well as "chat" with other participants via the buttons at the bottom of the screen.*

*Handout Links as well as webinar links will be sent at least three days prior to the conference.*



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## PROFESSIONAL DEVELOPMENT OFFERED:

1. **GRADUATE CREDIT OPTION** – 2 Credits through Concordia University. Cost is \$250 per credit. Register for the credit online at [www.aepconnections.com](http://www.aepconnections.com) or over the phone at (833) 237-2668. A syllabus will be available at [www.aepconnections.com](http://www.aepconnections.com) when details are finalized.
2. **ASHA CEUS** - each program (day) is offered for .6 ASHA ceu's (Beginner level; professional area). Full attendance and a completed evaluation required for satisfactory completion of ASHA ceu's.
3. **CERTIFICATE OF ATTENDANCE** 6 hours for the day. Attendance will be checked via ZOOM log in/log out.
4. **NBCC** "AEP Connections, LLC has been approved as an NBCC-Approved Continuing Education Provider, ACEP No. 6680. Programs that do not qualify for NBCC credit are clearly identified. AEP Connections, LLC is solely responsible for all aspects of the programs. This workshop offers 6 NBCC clock hours.
5. **ASWB** AEP Connection, LLC, #1332, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. AEP Connections, LLC maintains responsibility for this course. ACE provider approval period: 1/27/2019-1/27/2022. Social workers completing this course receive 6 continuing education credits per day.
6. **AOTA** - AEP Connections, LLC is an AOTA Approved Provider of professional development. Course approval ID XXX. This distance learning - interactive is offered for up to .6 CEUs (6 contact hours). Intermediate, OT Service Delivery. AOTA does not endorse specific course content, products, or clinical procedures.





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## REGISTRATION FORM

**Tuesday, March 8, 2022 | 8:30 am - 3:30 pm Central**

**ZOOM - INTERACTIVE WEBINAR**

**ONLINE REGISTRATION** | Available for credit card transactions at: [aepconnections.com](http://aepconnections.com)

**CHECK OR PURCHASE ORDERS:** Please send completed registration form via mail, email or fax.  
*Purchase orders must accompany registrations.*

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*Confirmations and communications will be sent by email. Print print email clearly.*

### REGISTRATION COST

**EARLY BIRD \$120**

*(Register on before January 28, 2022)*

**REGULAR PRICING \$150**

*(Register after January 28, 2022)*

Early bird registration - \$120       Regular Price registration - \$150      \$ \_\_\_\_\_

Total Paid: \$ \_\_\_\_\_

**AEP Connections, LLC | P.O. Box 296, Syracuse, IN 46567**

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CANCELLATION POLICY: More than 45 days before the first day of the conference: Full Refund, less a \$25 processing fee. Less than 45 days, but more than 14 days before the first day of the conference: Credit towards a future conference or a substitute may be sent in your place, with prior approval by AEP Connections, LLC. Less than 14 days before the first day of the conference: No Refunds. AEP Connections reserves the right to substitute speakers in the event of a speaker cancellation. AEP Connections reserves the right to change "live in person" conference to a "Live-stream" webinar in the event of weather, pandemic, Acts of God, national or local guidelines. Our refund policy applies to all registration payments including those by purchase order.