



AWARENESS EDUCATION POTENTIAL

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THE IEP MEETING: Interventions to support trauma, anxiety, stress and worry

On Demand Course

Presenter: Pilar Peigh, MA, CCC-SLP

COURSE OVERVIEW

Have you attended a meeting in special education when you walked in expecting one thing and came out of the meeting totally confused, dis-satisfied, scared, angry, frustrated, etc.? If so, you are not alone. No matter what your role is in a meeting, it's safe to say we all know we are there to discuss the student and develop a support plan for that student. But, what happens to make things feel so hard, or contentious or confusing? Thankfully, not all meetings are challenging. Or confusing. In fact, many are great. So again, why can one team meet and have things go well, to then have a second team meet and the opposite occur. To say there is one answer or a simple fix would be inaccurate and almost dismissive...like finger-pointing. And that is not helpful. But what is helpful is looking at the process of meetings, understanding the higher risk of emotions that is present, and learning a posture of curiosity and regulation that can support all individuals in a meeting.

In this 2 hour course, you will be led through content that will help bring a trauma-informed lens to the special education meeting process. Definitions will be provided to help us all have a common starting spot of understanding. Research will be shared on risk factors and impact of anxiety and stress and how it impacts all of our abilities to work and make decisions effectively. Lastly, strategies will be provided to help bring a trauma informed lens to the different stages of our meeting process.

LEARNER OBJECTIVES

1. Define trauma, stress, worry and anxiety, specifically as it relates to the special education process.
2. Identify at least 3 potential results of worry, stress, anxiety and/or trauma on our cognitive abilities.
3. State SAMHSA's 6 key principles of a trauma informed approach.
4. Explain 3 trauma-sensitive strategies that can be implemented in the IEP process.

WHO SHOULD ATTEND?

This course is designed to support all members of a team who may have a role in an IEP across all grade levels. This includes but is not limited to: General Education Teachers, Special Education Teachers, Parents, Speech Language Pathologists, Occupational Therapists, Physical Therapists, Social Workers, Counselors, Psychologists, Administrators, Advocates and any other specialist that may attend. No prerequisites are required.

If you require special assistance, please contact AEP Connections to inform them of your special needs by emailing: info@aeconnections.com or calling: 833.237.2668



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TIMED AGENDA

Introduction (7 mins)

Definitions & Anatomy (50 minutes)

Principles of Trauma Informed Approach (5 minutes)

Family Impact (7 minutes)

IEP Meetings and Interventions (54 minutes)



Pilar Peigh, MA, CCC-SLP

SPEAKER BIOGRAPHY

For over 20 years, Pilar has brought innovative leadership to multiple public-school districts throughout New Hampshire and Illinois as a special education administrator, elementary principal and speech and language pathologist and national trainer.

Her varied experiences equip her with unique perspectives into promoting team effectiveness, guiding parental expectations, and promoting student achievement. Pilar is passionate about empowering administrators, teachers, parents, and students with tools for success so that each may flourish – in learning and in life.

Disclosures: Pilar Peigh works full time for AEP Connections and is the Continuing Education Administrator. She is also an independent Education Consultant and trains nationally for a professional development company, Key2Ed. Pilar is not receiving any additional compensation for this training and has no non-financial disclosures.



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PROFESSIONAL DEVELOPMENT OFFERED

- 1. CERTIFICATE OF ATTENDANCE** - This course is offered for 2.0 clock hours. Full attendance and a passing score of 80% on the test is required.
- 2. ASHA**- This course is offered for .2 ASHA CEUs. Full attendance a passing score of 80% on the course exam and a completed evaluation are required for satisfactory completion of ASHA CEUs. Provider approval and use of the Brand Block does not imply endorsement of course content, specific products, or clinical procedures.
- 3. AOTA** - AEP Connections, LLC is an AOTA Approved Provider of professional development. Course approval ID 10135. This distance learning – independent is offered for up to .2 CEUs (2.0 contact hours). Introductory, OT Service Delivery. AOTA does not endorse specific course content, products, or clinical procedures. A course evaluation and an 80% on the post test is required for satisfactory completion.
- 4. NASP** - AEP Connections is approved by the National Association of School Psychologists to offer continuing education for school psychologists. AEP Connections maintains responsibility for the program. NASP Approved Provider #1165. Full attendance is required and a passing score of 80% is required on the post test. This course is offered for 2.0 credits/hours.
- 5. NBCC** - AEP Connections, LLC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7173. Programs that do not qualify for NBCC credit are clearly identified. AEP Connections is solely responsible for all aspects of the programs.
NBCC Clock Hours Available: 2.0
- 6. ASWB** - AEP Connection, LLC, #1332, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 1/27/22 - 1/27/25. Social workers completing this course receive 2.0 continuing education credits. Full attendance, a course evaluation with additional post test questions is required for satisfactory completion.
- 7. NASW** - This program is Approved by the National Association of Social Workers (Approval # 886925205-6648) for 2.0 continuing education contact hours. Category: Social Work Course approval expiration: 7/31/2025.



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