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PRACTICAL TRAUMA-INFORMED STRATEGIES TO REDUCE ANXIETY IN STUDENTS

SPEAKER: JESSICA MINAHAN, PhD, BCBA

March 3, 2026 | 8:30 am - 3:30 pm Central Time

ZOOM - INTERACTIVE WEBINAR

| PACIFIC | MOUNTAIN | CENTRAL | EASTERN |
|---------------------|---------------------|---------------------|---------------------|
| Start Time: 6:30 am | Start Time: 7:30 am | Start Time: 8:30 am | Start Time: 9:30 am |

This webinar is available as an on-demand replay for two weeks only, between March 7- March 22, 2026. By purchasing a registration for this live event, you will also be given access to the on-demand replay. The on-demand access holds the same accreditation approvals, with the exception of AOTA. Members of AOTA needing hours for their certifications must attend the LIVE webinar. If there are any questions or accommodations needed, please contact AEP Connections prior to the live webinar (info@aepconnections.com).

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-Language Therapists, OTs, counselors, general education teachers, administrators, psychologists, psychiatrists, social workers, PTs, principals, nurses, parents.



JESSICA MINAHAN, PhD, BCBA

Jessica Minahan, PhD, BCBA, is a licensed and board-certified behavior analyst, special educator, international speaker and consultant, and best-selling author. With over seventeen years of experience partnering with school systems worldwide, she is widely recognized for her expertise at the intersection of behavior, mental health, and learning, especially in supporting students with trauma histories, anxiety-related challenges, and oppositional behaviors. Jessica is a highly engaging and dynamic speaker, known for her clear, relatable, and practical presentations. Her ability to translate complex mental health and behavioral concepts into actionable strategies has made her a sought-after keynote presenter and consultant for schools and organizations globally. 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). Learn more at www.jessicaminahan.com.

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LIVE WEBINAR PROFESSIONAL DEVELOPMENT OFFERED

- 1. GRADUATE LEVEL CEUs/PDUS** - For information on how to earn credits toward salary advancement, please see our website, www.aepconnections.com, for more information.
- 2. ASHA CEUS** - Provider approval and use of the Brand Block does not imply endorsement of course content, specific products or clinical procedures. Full attendance and a course evaluation are required.
- 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 by NBCC as an Approved Continuing Education Provider, ACEP No. 7173. 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: 1/27/2025-1/27/2028. Social workers completing this course receive 6 continuing education credits. Full attendance and a course evaluation with additional post test questions is required for satisfactory completion.
- 6. AOTA** - AEP Connections, LLC is an AOTA Approved Provider of professional development. Course approval ID 03520. This distance learning - interactive is offered for up to .6 CEUs (6 contact hours). Introductory, OT Service Delivery. AOTA does not endorse specific course content, products, or clinical procedures.
- 7. 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. A code to access the course evaluation will be provided in segments throughout the webinar, to ensure full participation.



ASHA CE
APPROVED PROVIDER

AEP Connections, LLC

Introductory Level
.6 ASHA CEUs



Ensuring High Quality
Professional Development



American
Occupational Therapy
Association



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.

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



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 & Rates of anxiety and trauma in children and teens
- 8:40 – Relationship between anxiety and working memory & Essential principals of behavior
- 8:55 – Behavioral symptoms of anxiety, Underdeveloped skill associated with anxiety
- 9:10 – Why traditional behavior interventions fall flat
- 9:15 – Introduction of the FAIR Plan & 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 minutes)**
- 10:00 – Consultation protocol – 10 questions activity
- 10:40 – Why breaks may not be helpful and how to change that, Use of biofeedback
- 11:15 – Dissecting transitions to reduce oppositional behavior and case study practice
- 12:15 – **Lunch Break (45 minutes)**
- 1:00 – Neurobiology of work avoidance
- 1:25 – Accommodations/preventative strategies for students with underdeveloped initiation, persistence, and help-seeking skills
- 1:45 – 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.
- 2:25 – **Break (10 minutes)**
- 2:35 – Teaching self-regulation skills, How to reduce negative thinking towards writing
- 3:10 – Tips on giving directions to reduce oppositional responses, 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.



ON DEMAND: PRACTICAL TRAUMA-INFORMED STRATEGIES TO REDUCE ANXIETY IN STUDENTS

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ON-DEMAND PROFESSIONAL DEVELOPMENT OFFERED

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- 2. ASHA CEUS** - Provider approval and use of the Brand Block does not imply endorsement of course content, specific products or clinical procedures. Full attendance and a course evaluation are required.
- 3. CERTIFICATE OF ATTENDANCE** 6 hours for the day. Full attendance, post test and course evaluation are required for satisfactory completion.
- 4. 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, LLC is solely responsible for all aspects of the programs. Full attendance, 80% passing score on a post test and a course evaluation are required for satisfactory completion.
Available Clock Hours: 6
- 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: 1/27/2025-1/27/2028. Social workers completing this course receive 6 continuing education credits. Full attendance, a course evaluation and passing score of 80% on post test questions is required for satisfactory completion.
- 6. 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, a course evaluation and passing score of 80% on post test questions is required for satisfactory completion.



ASHA CE
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Introductory Level
.6 ASHA CEUs



Ensuring High Quality
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REGISTRATION FORM

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ONLINE REGISTRATION | Available for credit card transactions at: 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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Email: _____

Confirmations and communications will be sent by email. Please print email clearly.

REGISTRATION COST

EARLY BIRD \$209
(first 50 registrants)

REGULAR PRICING \$249

☐ Early bird registration - \$209 ☐ Regular Price registration - \$249 \$ _____

Please Call for Group Rates

Total Paid: \$ _____

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.