



ISSWA

IOWA SCHOOL SOCIAL WORKERS' ASSOCIATION

Practical Trauma- Informed Strategies to Reduce Anxiety in Students (Virtual)

Presented by

Jessica Minahan, M.Ed, BCBA

November 12, 2021 & December 10, 2021

1:00pm - 4:15 pm



ISSWA Member –
\$50.00

ISSWA Membership
+ Conference Fee –
\$100.00

Non-Member –
\$120.00

Student –
\$25.00



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REGISTRATION CLOSES 11/10/21.

NO REFUNDS WILL BE PROVIDED AFTER 11/10/21

Conference 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 COVID-19, 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.

Learning Descriptions

- A. Identify why some common teacher practices and interventions may not always work for students with trauma histories and anxiety-related behavior
- B. Identify common underdeveloped skills that contribute to the behavior challenges of many students with anxiety.
- C. Enumerate strategies for reducing negative/unproductive thinking in students toward schoolwork

6 CEUs Available (Participants must attend both days in their entirety)



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).