

Reducing Anxiety and Challenging Behavior in Students: A 2-Part Series

Presented by: Jessica Minahan, M.Ed., BCBA

Hosted by: FSU CARD

About the Presenter

Jessica Minahan, M.Ed, 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).

Training Description

Target Audience: (Caregivers, Educators, Administrators, Related Service Professionals: Intermediate Level)

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. Students with autism are at greater risk than their typically developing peers for developing anxiety and anxiety disorders such as phobias, OCD, and social anxiety disorder. In the time of COVID-19, and the subsequent societal changes, anxiety has become ever- present in students of all ages.

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.

Training Objectives

Participants will be able to:

- List common antecedents for students with anxiety.
- Identify why common teacher practices and interventions may not always work for students with anxiety-related behavior.
- List strategies for reducing negative thinking toward writing.

Date:

Part 1: May 11, 2020

Part 2: May 13, 2020

1:00 pm – 3:00 pm EST

12:00 pm – 2:00 pm CST

Zoom room will be open 30 minutes prior to start time.

Location:

Online via Zoom

Registration Deadline:

May 11, 2020

Limited to first 3,000 participants*

**Florida residents will be given priority*

Register Online:

Part 1 – 5/11/20:

<https://bit.ly/2Y6EvmX>

Part 2 – 5/13/20:

<https://bit.ly/359vkUf>

Registration is mandatory.

You must register for **BOTH** sessions.

For more information contact:

autism@med.fsu.edu

Directions:

Instructions for logging on to the Zoom Webinar will be sent to you via email when registration is complete. Priority will be given to Florida residents.

Be sure to contact your ESE District Staff or Staff Development Contact to determine the process for receiving in-service.