

## Reducing Anxiety in Students

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

**Hosted by:** UF Health/Jacksonville CARD, UF Health FDLRS -MDC

### About the Presenter

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*

### Training Description

**Target Audience:** (parents, teachers, and care providers of individuals with Autism Spectrum Disorders)

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 COVID19, 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: June 1, 2020**

**Part 2: June 2, 2020**

1:00 pm – 3:00 pm EDT

*\*\*This is a 2-part training.*

*Participants should attend both sessions.*

#### Location:

Online via Zoom

#### Registration Deadline:

**May 30, 2020**

Limited to first 300 participants

#### Register Online:

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

*Registration is mandatory.*

The link above will register you for **BOTH** sessions.

#### For more information contact:

[Autumn Mauch](mailto:Autumn.Mauch)

[Autumn.mauch@jax.ufl.edu](mailto:Autumn.mauch@jax.ufl.edu)

or (904)633-0801

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