

For: Teachers, Special Educators, Psychologists, School Mental Health Professionals, Counselors, Guidance Directors, Principals, Assistant Principals, Department Heads, Team Leaders, District Leaders, and Support Services Coordinators



Theory Into Practice: Effective Interventions for Students with Anxiety-Related and Oppositional Behavior



Featuring Presenter

Jessica Minahan, M.Ed, BCBA

Wednesday, September 30, 2015
at the MSSAA Office, Franklin

Sign-In/Registration: 8:00 am to 8:30 am

Workshop: 8:30 am to 3:00 pm

Fees: Member \$195/Non-Member \$260

6 Professional Development Hours

PD Content Area:

Safe and Supportive Learning Environments

The National Institutes of Health (NIH) reports that one in four 13-to-18-year-olds has had an anxiety disorder in their lifetime. Heroic teachers are facing this challenge with little to no training in mental health and behavioral principles. This leaves teachers to learn on the job and rely on their instincts, and leaves students with mental health issues or challenging behavior at risk for poor outcomes such as disconnectedness from school, academic failure, poor social adjustment, and a disproportionate number of suspensions and detentions. This workshop will focus on classroom interventions for students with anxiety-related and oppositional behaviors, including how to reduce concerning behavior such as work avoidance and arguing.

The workshop will enable participants to:

- Learn how to identify anxiety in a student and intervene quickly enough to prevent them from escalating.
- Understand how anxiety effects working memory and other skills crucial to achieving success in school.
- Be able to replace common teacher interventions with anxiety-reducing strategies that are effective and easy to implement.

Jessica Minahan, MEd, BCBA, is a board-certified behavior analyst and special educator, as well as a consultant to schools nationwide. Jessica has over 17 years of experience supporting students who exhibit challenging behavior in urban public school systems. She is an adjunct professor at Boston University, a blogger on *The Huffington Post*, as well as the author of *The Behavior Code: A Practical Guide to Understanding and Teaching the Most Challenging Students*, with Nancy Rappaport (Harvard Education Press, 2012) and *The Behavior Code Companion: Strategies, Tools, and Interventions for Supporting Students with Anxiety-Related or Oppositional Behaviors* (Harvard Education Press, 2014) (www.jessicaminahan.com)

[Register for this workshop online](#)

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