2020- 2021 EMPOWER PRofessional Learning series

# EMPOWER session 5 Agenda  **april 20, 2021**

# **5:00 PM – 7:00 PM Central Time**Kathleen Lynne Lane, Ph.D., BCBA-D, CF-L1, Mark Matthew Buckman, Ph.D., Wendy Peia Oakes, Ph.D., Rebecca Lee Sherod, MSE, Paloma Pérez-Clark, Ed.S., Katie S. Austin, M.Ed.

## **Session 5:** How do I support students who are feeling anxious? Practical Strategies that Work

### Welcome!

* Welcome & Overview of Ci3T
* Internalizing Behaviors: What do I need to know?
* Anxiety: Strategies Across the Tiers
	+ Tiers 1-3: Relaxation Training
	+ Tier 2: Self-monitoring
	+ Tier 3: Cognitive Restructuring
	+ Tier 3: Functional Assessment-based Interventions (FABI)
* Anxiety: Strategies to Share with Parents
* Wrapping up: Resources and Questions

### SESSION DESCRIPTION

In this session we focus on practical strategies for supporting student with internalizing issues such as anxiety at Tiers 1, 2, and 3. We provide specific steps for closing out the school year and supporting families over the summer.

### Learning objectives

1. Identify effective, respectful, and responsible strategies to support students with internalizing behaviors proactively across the tiers.
2. Discuss how to use relaxation training, self-monitoring, cognitive restructuring, and Functional Assessment-based Interventions (FABI).
3. Identify strategies to manage anxiety to share with families like positive storytelling, rewarding brave behavior, evaluating the worst-case scenario, and teaching self-relaxation.

#### 2021-2022 EMPOWEr professional learning opportunities:

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| **Date** | **Time** | **Location** | **Topic** |
| Sept. 22, 2021 | 5:00-7:00PM | Zoom | TBD |
| Nov. 10, 2021 | 5:00-7:00PM | Zoom | TBD |
| Jan. 13, 2022 | 5:00-7:00PM | Zoom | TBD |
| Feb. 17, 2022 | 5:00-7:00PM | Zoom | TBD |
| Apr. 19, 2022 | 5:00-7:00PM | Zoom | TBD |

#### please visit [ci3t.org/pl](http://www.ci3t.org/pl) for more information on this topic.

We were pleased to offer these 2-hour stand-alone professional learning opportunities during the 2020-2021 school year. Each session provided stand-alone information to build knowledge, skill sets, and confidence in developing structures and practices to support the design, implementation, and evaluation of Ci3T models of prevention in a range of instructional contexts (e.g., in-person, remote, hybrid). These professional learning sessions were offered at no charge. Each session also had a “family focus” section illustrating how shared content could be used to facilitate positive home-school partnerships. See also: ci3t.org/pl for registration links and additional professional learning resources.