2021- 2022 EMPOWER PRofessional Learning series

# EMPOWER session 5 Agenda **April 19, 2022**

# **5:00 PM – 7:00 PM Central Time** Kathleen Lynne Lane, Ph.D., BCBA-D, CF-L1, Mark Matthew Buckman, Rebecca Lee Sherod, MSE, Ph.D., Wendy Peia Oakes, Ph.D.

## **Session 5:** How do I support students who feel 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 Behavioral Therapy (CBT)
  + 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 Behavioral Therapy (CBT), 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.

#### please visit [ci3t.org/pl](http://www.ci3t.org/pl) to register or for information and resources on this topic *Note*. space is limited to 200 participants.

We are pleased to offer the following 2-hour, stand-alone professional learning opportunities during the 2021-2022 school year. Each session provides 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. Sessions are designed to meet the needs of individual educators looking to add to their toolkit, or for Ci3T Leadership Teams looking to learn, plan, and review data with opportunities for coaching support during the session. See also: ci3t.org/pl for registration links and additional professional learning resources.