



CASE Collaborative



The EDCO, CASE and LABBB Collaboratives invite you to attend the Professional Development workshop:

## Helping Students Manage Stress and Build Resiliency

**October 28, 2014**  
**9:00 AM - 3:00 PM**



A majority of our school children will experience at least one, if not more, highly stressful events during their childhood. Research has shown that adverse or traumatic experiences such as witnessing parental discord and violence, living with a family member with mental illness experiencing abuse, separation or divorce, frequent moves, hunger, or bullying, can have long-term consequence for children's mental health. All students, whether or not they have experienced a trauma, need tools to help them cope with stress and stressful events.

School psychologists, counselors, educators and other helping professionals working with elementary through high school students are in an ideal position to teach students stress management and resiliency building skills. This workshop is designed to enhance participants understanding about coping skills and equip them to teach those skills in various formats: small group, classroom, or school wide. The presenter will focus on conceptualizing stress, anxiety, and fear and ways to cope with those emotions such as mindfulness, meditation, and self-talk.

The afternoon will focus on identifying resources and barriers in their school and community that can affect implementation. Participants will have an opportunity to learn from other schools and professionals about their successes and challenges in teaching students coping and self-efficacy skills. The workshop will also include methods for evaluating the effectiveness of interventions and programs. At the end of this full day workshop, participants will be able to:

- Explain the similarities and differences between stress, anxiety, and fear
- Explain the concepts of mindfulness, meditation, and self-talk
- Understand how to implement stress reduction and coping skills in various modalities in school settings
- Identify resources and barriers in their school, district, and community that could affect implementing the teaching of stress management skills to students
- Draft an implementation and program evaluation plan

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**Presenter:** Andrew Gersten is a psychologist in private practice in Manchester, NH specializing in the assessment and treatment of children with emotional and behavioral disorders. He is also adjunct faculty at Antioch University New England where he has been teaching Psychopathology and Assessment courses. He has presented at regional and national counseling and psychology conferences on various topics including: DSM-5, counselor intentionality, school counseling models, and Interpersonal problem solving. In August, 2012, his first textbook, "Integrative Assessment: A Guide for Counselors", was published.

**Audience:** Pre-K-12 staff including classroom teachers, specialists and administrators

**Registration:** Through the office of Curriculum and Instruction in your district or the Program Manager in your collaborative. Participants will receive a confirmation via email once the course has been finalized.

**Fee:** Early Bird Registration ~ \$125 for CASE, EDCO & LABBB members who register by October 14th  
\$150 for non-members and anyone who registers after October 14th

**Location:** EDCO Collaborative, Bedford

**Register by:** **October 14, 2014.** Registrations received beyond this date will be accepted if space is available.