



VERMONT HIGHER EDUCATION COLLABORATIVE

CELEBRATING
OUR 20TH
YEAR!



• Putting Concepts into Practice for Students with Anxiety • Combining Effective Plans with Real-Time Classroom Strategies

Presenter: Lynn Lyons, LICSW

Target Audience: Educators, administrators, special educators, mental health professionals, nurses, school counselors and psychologists, pediatricians, and interested parents.

Those who work in schools are being asked to do more and more to support the emotional well-being and mental health needs of their students and clients. During this period of remote learning and daily uncertainty, the challenges are even more multi-faceted, and the need for skill-based supports more important than ever.

As we create accommodation plans for anxiety (and its pal depression) we must question how such plans help teachers better respond to anxiety in their classrooms. Are they effective in reducing anxiety, or do the plans instead support patterns that make anxiety worse? And as we help students and families navigate what's likely to be more uncertainty, how do we best equip them moving forward?

This intensive training will focus on HOW to interrupt anxiety's cognitive patterns in schools and classrooms with simple, process-based approaches. Participants will be given strategies and language for identifying and managing normal levels of worry and anxiety as students learn, as well as concrete information about what to do with children who are in the throes of anxiety. In addition, participants will learn how anxiety's quest for certainty and comfort impacts plans and goals for students, and thus how to create plans that are skill-based instead of avoidance-based.

This full day training will give participants the skills they need to:

- Create behavioral plans and goals that focus on skill-building rather than elimination and distraction;
- Incorporate the six positive patterns of anxiety and depression prevention in classrooms, groups, and school counseling sessions (and avoid the most common traps);
- Respond in real time to students needing support;
- Target the most common and pervasive behaviors of anxiety, such as avoidance, disconnection, and isolation with effective interventions and plans; and
- Use frontloading in the classroom to prevent parents, teens, schools, and health care providers from inadvertently "doing the disorder."

Please participate with a student in mind and have access to an IEP or 504 to apply new learning.

Lynn Lyons, LICSW, is an internationally recognized psychotherapist, author, and speaker with a special interest in interrupting the generational patterns of anxiety in families. Lynn's approach uses humor, playful connection, and a constant focus on DOING, an umbrella strategy she has taught to thousands of professionals and families.

This workshop has been approved for 5 hours of continuing education with the Board of Psychological Examiners, Office of Professional Regulation.

Dates: May 15, 2020

Place: Live Stream

Cost: \$160

Time: 8:30-2:30

Because of recent changes both nationally and in Vermont, we have determined it is best to conduct this professional learning workshop via live stream. If you are unable to tune in to the live stream, it will also be recorded, and participants will have access to the recorded version until October 31, 2020.

[Register Here](#)



Use vthec.org for registration, and [Facebook](#) and [Twitter](#) for additional news, resources, articles, etc.