



• **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. While accommodation plans for anxiety (and its pal depression) are increasingly common, do these 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?

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 front loading in the classroom to prevent parents, teens, schools, and health care providers from inadvertently "doing the disorder".

**Please attend with a student in mind and bring 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 6 hours of continuing education with the Board of Psychological Examiners, Office of Professional Regulation.**

**Dates:** May 15, 2020

**Place:** Killington Grand Hotel  
Killington, VT

**Cost:** \$215 (lunch included)

**Time:** 8:30-3:30 [Register Here](#)

Live streaming may be available to your remote site. Contact [info@vthec.org](mailto:info@vthec.org) for details.

Please inquire with the Killington Grand (877-458-4637) about discounted hotel rates.



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