



• Helping the Anxious Student: What Helps...and What Doesn't? •

Presenter: Lynn Lyons, LICSW

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

Educators are being asked to do more and more to support the emotional well-being and mental health needs of their students. When it comes to dealing with anxiety and its pal depression, programs are introduced, professional development offered, and plans are written. But what's working and what isn't? How much can we expect of teachers and administrators? How is the collaboration and communication between parents, schools, and outside providers going? And what are students actually learning in school about their mental health?

This workshop will get specific, detailing accommodations on 504 plans and IEPs that help, as well as those that "do the disorder." Participants will learn how anxiety's quest for certainty and comfort impacts an anxious student's functioning and attendance, the common problems with plans and goals for anxious students, and practice creating plans for anxious students that are skill-based instead of avoidance-based. Attendees will be asked to attend with a student in mind and bring an IEP or 504 to use during this hands-on workshop.

Comments from Fall Participants

"Lynn's presentation style immediately gripped me and I was literally on the edge of my seat the entire workshop!"

"Loved the real life examples and resources given throughout the day to expand learning! It was energizing and full of incredible information!"

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.

Date: May 9, 2019

Place: DoubleTree by Hilton
Burlington, VT

Cost: \$215 (lunch included)

Time: 8:30-3:30

