



• Managing Anxiety in The Classroom •

Presenter: Paul Foxman, Ph.D.

Audience: *Classroom teachers, special education teachers, school counselors, administrators, occupational therapists, school nurses, speech and language pathologists*

Description

The increasing rate of stress and trauma to children, including divorce, global terrorism and violence, extensive media and technology use, information overload, and bullying and diversity issues, has produced a “shell shocked” generation of students struggling to manage their anxiety. The challenge for classroom teachers and school-based professionals is to recognize the anxiety epidemic in students and help them cope.

This workshop will help you understand how, why and when anxiety develops in young people. The various manifestations of anxiety will be described – including the distinction between normal anxiety and anxiety disorders, so that anxious students can be recognized and supported. Participants will come to understand how anxiety impacts learning, attendance, social behavior, and motivation. Most importantly, you will learn practical strategies that can reduce student anxiety, enhance teaching effectiveness and promote maximum learning.

Psychologist Paul Foxman is the Founder and Director of the Vermont Center for Anxiety Care. He is an author of several books, and has led hundreds of educational programs throughout the U.S. and Canada; in addition he has appeared on television and radio as an expert on the topic of anxiety. Dr. Foxman also co-founded the Lake Champlain Waldorf School.

Dates: January 26, 2018

Place: Capitol Plaza ~ Montpelier, VT

Cost: \$190 (lunch included)

Time: 8:30-3:30

Please inquire with Capitol Plaza reservations (802-223-5252) about discounted hotel rates for the evening prior to this event.

