

Outline

Adverse Childhood Experiences (ACEs):
The Hidden Public Health Emergency
Affecting Schools

The neurological and physiological impacts of toxic stress
Trauma's impact on kids' development and futures
Escalation cycle, toxic stress, and emotional dysregulation

Spot the Warning Signs of Trauma in Students

How trauma impairs learning and impacts behavior
How fight, flight, freeze looks in the classroom
Physical symptoms to watch for
Identify the "silent sufferer"

Trauma-Informed Practices for Schools and Classrooms:

Establish Safety, Trust, Choice, Collaboration, and Empowerment

5 Ways to Build a Psychologically Safe Classroom

Create calming areas in the classroom
Build a classroom community
Emotional check-ins, worksheets and activities
How to offer choices so kids feel in control
Schedules and routines that establish safety and normalcy

Challenging Behaviors Intervention Toolbox:
Better Outcomes for Overreactive, Aggressive, and Avoidant Students

What sets kids off? How to be a trigger detective
Check in/check out for structure and accountability
Better break interventions for avoidant students
Executive functioning skills training for overreactive students
Self-monitoring and self-regulation strategies that work
Social stories to use when kids aren't grasping expectations

Objectives

1. Characterize the relationship between Adverse Childhood Experiences (ACEs) and childhood development.
2. Examine the role of Adverse Childhood Experiences and toxic stress on the escalation cycle and emotional dysregulation.
3. Establish how emotional check-ins and strategies that encourage choice can create a more psychologically safe classroom.
4. Communicate how trauma-sensitive practices can be employed to more effectively establish behavioral expectations and build structure and accountability.
5. Specify how culturally responsive strategies can increase engagement in both students and their families.
6. Articulate how a trauma-sensitive approach to discipline and corrective action can increase equity and replace reactive "push out" practices.

Culturally Responsive Practices and Techniques: Support Sensitivity and Strengthen the School-Family Alliance

Recognize our biases to better support cultural sensitivity
Strategies for working with parents who've experienced trauma
Strengthen the school-family alliance – support with families instead of to families

Trauma-Sensitive Approaches to Discipline and Corrective Action

Building resilience – our kids can overcome!
Leadership jobs that built competence and connectedness
Discipline is a system: preventative, supportive, corrective
Alternatives to suspension – keep kids in school and learning

Supports for Educators and Staff Who Experience Secondary Traumatic Stress

Staff wellness - tap in/tap out
Restorative circles for educators

Live Seminar Schedule

- 7:30 Registration/Morning Coffee & Tea
- 8:00 Program begins
- 11:50-1:00 Lunch (on your own)
- 4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.



Attention Principals and Assistant Principals:
PESI, Inc. is proud to offer this seminar **free of charge** for Principals and Assistant Principals.
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Trauma-Informed Schools and Adverse Childhood Experiences Training

Proven Behavior Strategies, Policies, and Learning Supports so Every Student Can Succeed

Portland, ME
Wednesday
November 20, 2019

Manchester, NH
Thursday
November 21, 2019

Burlington, VT
Friday
November 22, 2019



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Trauma-Informed Schools and Adverse Childhood Experiences Training

Proven Behavior Strategies, Policies, and Learning Supports so Every Student Can Succeed

- Improve school safety
- Establish the trust and stability all kids need to learn
- Boost academic achievement in reactive and avoidant students
- Make corrective actions more effective than ever before
- Better support students of all backgrounds

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Trauma-Informed Schools and Adverse Childhood Experiences Training

Proven Behavior Strategies, Policies, and Learning Supports so Every Student Can Succeed

When you entered education, you thought it would be about lesson plans, curriculum, and seating charts.

You weren't expecting kids who curse, hit, kick, and scratch other students, and bang their heads on the table when they're frustrated. Kids who are constantly "in trouble" at school and have difficulty grasping the material being taught.

But sometimes the trauma of physical and sexual abuse, hunger, violence, and suicide lie behind these behaviors. **And when you hear the stories of your students pain you're left feeling blindsided, unprepared, and desperate for guidance on how you can help.**

Whether you're a teacher, administrator, counselor, social worker or anyone who works with students, **this program will provide you with the step-by-step direction, tools and techniques you need to work more capably and comfortably with kids who've experienced trauma.** The strategies and comprehensive learning supports shared at this event will enable you to create a better school climate, boost academic achievement, and improve school safety while building critical skills in students like self-awareness, self-regulation, empathy, and an openness to teamwork and cooperation.

Sign up today, and get the trauma-sensitive skills and strategies you need to ensure every student can succeed!

Speaker

Christy W. Bryce Ed.D., the director of intervention for Warren County Public Schools in Bowling Green, KY has spent her career collaborating with educators, administrators and school staff to determine how best to intervene and support students who are demonstrating challenging behaviors.

Dr. Bryce has over 20 years of experience in education as a school psychologist and special education teacher and is highly experienced in consulting on trauma-informed practices, differentiated instruction, and academic and behavioral interventions for at-risk students and students with special needs.

A highly requested trainer, Dr. Bryce is experienced in establishing, coordinating, and sustaining large scale initiatives in the context of a linguistically and culturally diverse public school system. She earned her Ed.S. degree in school psychology from Western Kentucky University and her Ed.D. degree in education, leadership and policy from Vanderbilt University's Peabody College.

Speaker Disclosures:
Financial: Christy Bryce has an employment relationship with Warren County Public Schools. She receives a speaking honorarium from PESI, Inc.
Non-financial: Christy Bryce has no relevant non-financial relationship to disclose.

Questions? Call customer service at 800-844-8260

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

Seminar on DVD or CD Package: You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

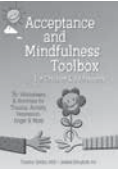
Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Ryan Bartholomew at rbartholomew@pesi.com or call 715-855-8225.

SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



Beyond Behaviors
Using Brain Science and Compassion to Understand and Solve Children's Behavioral Challenges
By Mona M Delahooke, Ph.D.

In *Beyond Behaviors*, internationally known pediatric psychologist, Dr. Mona Delahooke describes behaviors as the tip of the iceberg, important signals that we should address by seeking to understand a child's individual differences in the context of relational safety. Featuring impactful worksheets and charts, this accessible book offers professionals, educators and parents tools and techniques to reduce behavioral challenges and promote psychological resilience and satisfying, secure relationships.



Acceptance and Mindfulness Toolbox for Children and Adolescents
75+ Worksheets & Activities for Trauma, Anxiety, Depression, Anger & More
By Timothy Gordon, MSW, RSW & Jessica Borushok, Ph.D.

The *Acceptance and Mindfulness Toolbox for Children & Adolescents* gives you the resources to help the children and adolescents better manage their behaviors and emotions. After years of clinical experience using these practical, evidence-based tools with young clients, the authors have put together **over 75 worksheets, activities, exercises, and scripts** to engage kids and keep therapy moving forward.

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

MAINE COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

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NEW YORK COUNSELORS: PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board of Mental Health Practitioners as an approved provider of continuing education for Licensed Mental Health Counselors. #MHC-0033. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

VERMONT COUNSELORS: This activity is approved by the Board of Allied Mental Health Practitioners (BAMHP) for 6.25 continuing education credits.

EDUCATORS/TEACHERS: This course is designed to qualify toward your professional development requirement. The program is 6.25 clock hours in length.

NEW YORK EDUCATORS: PESI, Inc. is an approved sponsor of CTLE with the New York State Education Department's (NYSED) Office of Teaching Initiatives. Provider #23567. This activity will qualify for 6.25 Approved Continuing Teacher and Leader Education (CTLE) Hour(s), in the area of Pedagogy. Hours are based on full attendance. Board required certificates will be sent after the program.

NURSES, NURSE PRACTITIONERS, AND CLINICAL NURSE SPECIALISTS: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #:

3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

PSYCHOLOGISTS: This live activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

MAINE PSYCHOLOGISTS: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/74759.

NEW YORK PSYCHOLOGISTS: This live activity consists of 380 minutes of continuing education instruction and is related to the practice of psychology.

VERMONT PSYCHOLOGISTS: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/74759.

PSYCHOLOGISTS/SCHOOL PSYCHOLOGISTS: PESI, Inc. is approved by the National Association of School Psychologists to offer professional development for school psychologists. PESI maintains responsibility for the program. Provider #1140. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.



PESI, Inc. is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. **See course information for number of ASHA CEUs, instructional level and content area.** ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

SPEECH-LANGUAGE PATHOLOGISTS: This course is offered for .6 ASHA CEUs (Intermediate level, Professional area).

SOCIAL WORKERS: PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

NEW HAMPSHIRE SOCIAL WORKERS: This intermediate activity consists of 6.0 Category A credits. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

NEW YORK SOCIAL WORKERS: PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0008. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

OTHER PROFESSIONS: This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.



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ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

TUITION OPTIONS

• **FREE TUITION FOR PRINCIPALS AND ASSISTANT PRINCIPALS:** PESI, Inc. is proud to offer this seminar free of charge for Principals and Assistant Principals. E-mail Patti Johnson at pjohnson@pesi.com for more information.

• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

• **Groups of 5 or more:** Call 800-844-8260 for discounts.

• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form.

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