



Professional Development Offerings from JPA

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ADHD – WHAT IT IS; WHAT TO DO

Attention Deficit Hyperactive Disorder, or ADHD as it is frequently referred to, seems to be present in every classroom these days. According to a 2014 report from the Center for Disease Control, nearly 6 million children have been diagnosed (<http://www.cdc.gov/nchs/fastats>) with ADHD. A complex condition that can take many forms, ADHD plagues many educators about how best to respond. What should we expect from these students? How do we best support them? This workshop will help school staff bolster their knowledge of the mental health condition, as well as provide them with concrete ideas as to how they can best respond to a student who is living with this disorder – whether or not the student has been diagnosed.

BEHAVIOR AS COMMUNICATION

A child's behavior can be confusing, frustrating, and even infuriating to the adults around them. While their behavior may seem random or senseless, there is actually purpose and a message behind it. This interactive and exploratory workshop examines the connection between a child's behavior and the underlying message they are trying to send. Educators also have the opportunity to consider how they can guide students to increase verbal communication and effectively respond to the student's behavior.

BULLYING

According to bullying statistics from 2010, there are about 2.7 million students being bullied each year by about 2.1 students taking on the roll of the bully (www.bullyingstatistics.org). And yet, bullying can be incredibly difficult for an educator to identify and discern from every day peer interactions. This interactive workshop is geared specifically towards classroom teachers so that they feel more confident and comfortable in identifying, responding, and preventing bullying in the school environment.

CULTIVATING RELATIONSHIPS WITH CAREGIVERS

The partnership between educator and caregiver is one of the most important for a student's success while also one of the most tenuous. This workshop provides educators with an opportunity to discuss the common challenges around communicating with caregivers as well as explore a new, empirically supported approach. An interactive workshop with activities for multiple modalities, this presentation can be customized in content and length (ranging from 60 to 120 minutes) to best suit your school's needs.



CULTIVATING RELATIONSHIPS WITH CAREGIVERS II

A follow-up for educators who have completed the first installment, this workshop focuses on a more in-depth application of the skills teachers previously learned. Using real-life situations, teachers have the opportunity to practice and hone their communication skills with caregivers through video review, group discussions, and role-play scenarios. Educators reflect on their own work as well as their colleagues' as a means of improving their ability to respond to common challenges around communicating with caregivers. This presentation can be customized in content and length (ranging from 45 to 75 minutes) to best suit your school's needs

DISCIPLINE THAT LEAVES YOU FEELING GOOD: BEHAVIOR CHARTS 101

One of the most frequently used techniques by school counselors and school social workers is the use of a behavior chart; though it need not be implemented only by counselors and social workers. This positive discipline strategy focuses on utilizing a scientifically supported approach in a way that is fun and approachable for kids. With this workshop, educators will have the knowledge and tools they need to create, implement and support their own behavioral approach – individualized for their students. Not only is this technique effective with students, it leaves teachers feeling good as they support their student in becoming accountable for their own behavior and move towards increased self-regulation. Good for educators working with kids ages 4 and up!

EQUITY IN EDUCATION: PROMOTING DIVERSITY & UNDERSTANDING

It can be incredibly challenging to try to balance the needs of all of your students – especially when facing the question, “Is that fair?” This workshop explores the various forms of inequalities and inequities that exist in education – including race, gender, socio-economic status, and more – in a safe and non-threatening approach for all staff members. Attendees then explore how they can create opportunities for all of their students to learn, given their various strengths and limitations, while responding to concerns for fairness. An interactive, discussion-based workshop that starts the conversation that can be difficult to have, this presentation is a must for any diverse school community.

EXECUTIVE FUNCTIONING:

EMPOWERING CHILDREN FOR LEARNING & GROWTH

The goal for educators is to facilitate learning and growth for their students, and sometimes it feels there are numerous obstacles in the way – including the child's very ability to learn. If you have students who struggle with organization, following directions, or even getting started on a task, this workshop can help. This interactive experience takes educators through the structure and function of children's brains, illuminating how adults can support and improve the necessary skills to increase students' ability to learn. Concrete techniques address common obstacles to learning, doing so from a perspective that fully integrates the needs of the whole child (cognitive,



social, and emotional). This presentation can be customized in content and length (ranging from 60 minutes to a half-day) to best suit your school's needs.

MANAGING STRESS AND ANXIETY: SELF-CARE FOR EDUCATORS

Educators give 110% of themselves on a daily basis and burnout has become a serious concern in this field. This workshop examines some of the common anxieties and stressors teachers face and provides participants with hands-on activities that aim to relieve their stress and improve their overall well-being and functioning. All activities are directly transferrable to the classroom and have also been used to reduce student anxiety and stress. These concrete techniques are based in the latest research while also taking under consideration various individual styles and preferences. This presentation can be customized in content and length (ranging from 45 to 120 minutes) to best suit your school's needs.

MANAGING POWER STRUGGLES IN THE CLASSROOM

The tug-of-war for control of the classroom not only frustrates teachers, it impedes learning. Inspired by the work of Allen Mendler, Ph. D., this workshop helps educators understand the hostility cycle involved in fueling power struggles; explores the goals of defusing power struggles; reviews multiple skills needed to defuse tense situations with students; and addresses how to balance the needs of the whole class with the needs of the student who is engaging in a power struggle. Work towards minimizing referrals by arming teachers with the tools they need to handle these challenging situations in their own classroom.

MINDFULNESS IN THE CLASSROOM

Over 30 years of research with adults has shown that mindfulness decreases stress, depression, anxiety, and hostility, and enhances executive function, compassion and empathy (www.pbs.org). These same efforts are being applied to school children, leading some to observe positive results, such as a decrease in referrals and an increase in GPA (www.edutopia.org). This workshop provides educators with an introduction to mindfulness – what it is and how it impacts learning – and explores the link between mindfulness and classroom behaviors. Attendees will also have the opportunity to experience various mindfulness activities that can be applied for students individually, in small groups, or for whole-class settings.

PREVENTING TEACHER EXHAUSTION

Educators are asked to be teachers, tutors, cheerleaders, event coordinators, detectives, parent helpers, advocates, entertainers, professionals, data entry processors, support systems, disciplinarians, and caregivers – just to name a few. It can be exhausting work! This workshop explores the various ways fatigue can impact school staff along with how to combat teacher burnout. Educators also explore ways in which their feelings—positive and negative—can be useful tools to deepen their work, rather than things to ignore or get rid of.



PROMOTING POSITIVE PEER RELATIONSHIPS

So much of a child's development is influenced by their peers. While educators form different relationships with students, they have the opportunity to positively impact students' peer relationships. This short, didactic workshop focuses on understanding the role peer relationships play in the classroom and a child's education, and explores with educators how they can assist in repairing peer relationships that may be detrimental or interruptive to student learning.

RECONNECTING TO YOUR LOVE OF TEACHING

This session pairs nicely with the "Managing Stress & Anxiety." An interactive, discussion-based workshop in which educators will have the opportunity to reconnect with the very origins of their career choice. By revisiting their initial motivations and reflecting on their continued dedication to the field, school staff members can leave feeling refreshed and reinvigorated, having reminded themselves of their love for teaching. This workshop can be personalized to new teachers who may be experiencing burnout in their first year(s), or veteran teachers who may need a 'refresher' after decades in the field – not to mention for anyone in between.

SAYING GOODBYE: CREATING SUCCESSFUL TRANSITIONS

When it comes time to saying goodbye, we can often be at a loss for words. Creating a healthy and supportive transition can feel difficult, but with the right information and time for reflection you can feel more comfortable navigating these key moments. Learn how to say goodbye to students while supporting their development and emotional needs. This interactive workshop examines the complex factors that contribute to an individual's reactions to endings. It explores the various means of communicating feelings surrounding endings and change, and provides you with best practices to support healthy transitions/endings. Participants have the opportunity to discuss and engage in concrete ending activities along with a personalized Q&A session, should time allow.

SEX, DRUGS & ROCK N' ROLL: RESPONDING TO ADOLESCENCE

We all know that kids reach a certain age at which their body begins to change and they move towards adulthood. What we don't all realize is that kids' brains at this time are changing even more than their bodies – impacting how they behave, think, and feel. A complex set of issues arise in adolescence that can feel daunting to manage and even shocking to educators. This workshop looks at some of those special topics and provides a firm base for understanding adolescent development. This workshop can be customized to respond to a school's specific needs or provide a more generalized overview.

STRENGTHENING RELATIONSHIPS WITH CHILDREN

We all know the important role relationships play in supporting a child's development. Yet, not every relationship is easy to build – or maintain. Furthermore, very little time is spent on



understanding exactly what comprises positive relationships with children and how to improve and/or deepen your established relationships. This workshop does a deep dive into those very concepts, leaving you with a better understanding of how to cultivate and expand your relationships with children. Experience hands-on activities that invite reflection and growth – and can also be utilized with children – as well as engaging discussion, to take your relationships to the next level.

TALKING ABOUT LOSS WITH KIDS

Every day our students face challenging life circumstances – death of a loved one, divorce, family restructuring, violence in their community, incarceration of a loved one, and more. Students often turn to educators in these trying times, unsure of what to do and how to express themselves. This can be an overwhelming and serious responsibility for school staff. This workshop examines those various losses, common misconceptions about how children understand and cope with loss, and what adults can do to respond in a productive and supportive manner. Our children do not need to feel alone when facing these challenges – and neither does your school.

TRAUMA: UNDERSTANDING THE UNSEEN SCARS

1 out of every 3 children has experienced trauma, altering the way they process information and interact with others. This dynamic, interactive workshop geared towards school staff members explores the effects of trauma on children and adolescents and how that can impact students' interactions with teachers and other school staff members. Activities included in the workshop provoke discussion about common challenges teachers face with these students as well as providing concrete techniques that can be immediately employed to help manage challenging behavior and emotions in a school environment.

OTHER

Interested in something that is not listed above? Please don't hesitate to mention it!