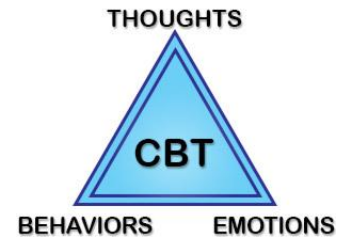


Cognitive Behavior Therapy (CBT): Tools for the PreK to Grade 4 Teachers

Course Description: Cognitive Behavior Therapy (or CBT) was initially used as a treatment for Depression. It has now expanded to support people with issues ranging from anxiety and OCD (Obsessive-Compulsive Disorder), fear of flying, dating, and social skill development. CBT focuses on developing personal coping systems to solve current problems. Once reserved for adults, CBT strategies are widely used for students in the upper elementary grades and older. We are beginning to look at ways to understand and implement these strategies in primary grades. This course will provide participants with an understanding of CBT principles, roads for application, and lots of opportunities to create grade-/issue-/student-specific tools that bring the focus on student-centered problem solving and empowerment.



<http://www.psychology24.org/>

About the Instructor: Shauna Jean, M.S. Ed., BCBA, LABA has worked in the field of special education serving children and adults for 24 years. As one of the longest certified BCBA's in Massachusetts and the country, she has worked to incorporate functionality, accessibility and applicability, humor and ease-of-use into her practice as a Consultant, Trainer, Special Educator, Social Skills Coach, and Presenter of Professional Development. Shauna currently leads an Integrated Preschool Program in Sherborn and she maintains a private and insurance-based ABA practice in the Wellesley/Dover area.

Audience: PreK – Grade 4 Educators
Date & Time: Monday and Tuesday, July 9 & 10, 2018
8:30AM – 3:15PM

Location: TEC Professional Learning Center in E. Walpole
Earn: 13 PDPs
Grad Credit: 1 credit from Worcester State University for an additional \$125, payable at the first class
Cost: \$245 TEC Members / \$280 Non-TEC Members



MA Educator Evaluation Strand and Indicator addressed by this course: **Standard II-B: *Creates and maintains a safe and collaborative learning environment that motivates students to take academic risks, challenge themselves, and claim ownership of their learning.***

To register: Go online to http://www.tec-coop.org/PDL_RegForm.html or complete this form and send, **along with a check or PO**, to:
TEC Professional Development, 141 Mansion Drive, Suite 200, E. Walpole, MA 02032

Register me for "Cognitive Behavior Therapy" on 7/9/18

TEC Member District: \$245 Non-TEC Member District/Private School: \$280

Name: _____ School: _____

Home address: _____ Role: _____

City, state, zip code: _____ Address: _____

Email: _____ City, state, zip code: _____

Home phone: _____ Work phone: _____

Withdrawals: No credits/refunds will be given unless TEC is notified 10 business days before the first class. All payments processed upon receipt. There is a \$5 cancellation fee.