

Central Alberta Regional Consortium

Working Together: Making a Difference



Promoting student achievement and school improvement through professional development.

Anxiety and Relaxation (REACH)

with Barbara Patterson

Date: **Thursday, March 15, 2012**

Venue: **River Glen School, Rm 133**

Time: **9:00 am - 3:30 pm**

Address: **4210 59 St., Red Deer**

Cost: **\$30**

Lunch: **Lunch is included**

This session is made possible through a grant from Alberta Education

Who should attend? Individuals working with students who have difficulty managing anxiety and students within the autism spectrum.

About the session:

Morning Session: Understanding Anxiety in Students with the Autism Spectrum

Participants will have an understanding of the prevalence and impact of anxiety on individuals with ASD. They will learn descriptors of how anxiety may present in individuals with ASD and how to determine if behaviours are related to anxiety. Also, participants will have an opportunity to understand what type of anxiety their student's experience and possible Triggers and causes of the anxiety. Finally, participants will have an opportunity to review their own anxieties and experience a relaxation exercise.

Afternoon Session: Strategies to Manage the Anxiety

Participants will learn relaxation strategies to implement with students of various functioning levels. These will include: June Groden's Relaxation: A Comprehensive Manual for Adults, Children, and Children with Special Needs; various relaxation scripts; and sensory calming activities and programs that will guide staff and students on how to implement these strategies.

About the facilitator:

Barbara Patterson, B.A., M.Ed., has been a Registered Psychologist, since 2002, and has been working out of the REACH Calgary office at REACH since 2003. Prior to that (1998 to 2003), Barb worked at the Calgary Catholic School Board as a Behavior Provisional Psychologist/Psychologist for students with developmental disabilities and Autism Spectrum Disorders. Presently, her primary role with REACH is to support school staff on educational and behavioral programming of students with special needs in the classroom. This support often includes psychoeducational assessments, behavioral analysis, developing reinforcement plans, providing anxiety reducing strategies, writing social stories, liaising with families and medical professionals and providing inservices and workshops to teachers, educational assistants and administrators. Particular interests and continued professional development have been in Autism Spectrum Disorders, Anxiety in students with ASD and relaxation strategies.

Register Online at: <http://www.carcpd.ab.ca>

Central Alberta Regional Consortium

PHONE: (403) 348-8194

FAX: (403) 348-8195

4210 59th Street Red Deer, AB T4N 2M9

EMAIL: info@carcpd.ab.ca

WEB: www.carcpd.ab.ca