

Jessica Minahan



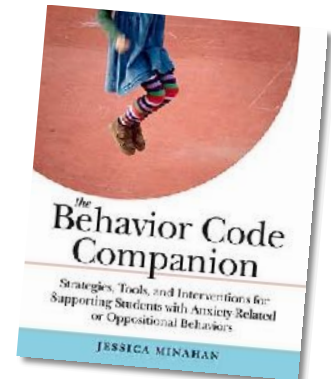
CHILDREN WHO CHALLENGE US:

EFFECTIVE BEHAVIOR MANAGEMENT FOR REDUCING ANXIETY, INCREASING SELF-MANAGEMENT AND EXECUTIVE FUNCTIONING

Wednesday, December 6, 2017 - 7 pm
Glenbard North / 990 N. Kuhn Rd. / Carol Stream

Internationally celebrated speaker Minahan will discuss approaches to understanding and intervening in patterns of problem behavior. Through the use of humorous stories and examples of common challenging situations, participants will learn easy-to-implement interventions to reduce anxiety, increase self-regulation, and enhance executive functioning skills. This presentation will offer a systematic approach to develop coping skills and decipher causes and patterns of difficult behaviors. Minahan provides a real-world approach that gives teens strategies to help them succeed.

Minahan is a licensed and board-certified behavior analyst. She has worked with students who struggle with mental illness, emotional and behavioral disabilities, anxiety disorders, and high-functioning autism. She is the author of "The Behavior Code: A Practical Guide to Understanding and Teaching the Most Challenging Students."



These free programs are open to the public. CPDUs are available.

