



Interactive Training Experiences

Interactive Exercises to Promote Peaceful School Environments

Abstract

This workshop will give practitioners and school social workers concrete activities that they may utilize in their own classrooms or individual counseling sessions. These exercises are most effective if you are able to target the entire student body. Introducing social emotional coping strategies, cognitive behavioral techniques, and communication skills to incoming students helps the overall culture of the school and lays the foundation for future conversations with individual students. Clinicians will also learn how observations made during group interactions may provide insight on which students may require a clinical assessment or additional support for success.

Objectives

At the conclusion of this presentation, participants will be able to:

- Recognize how verbal, text, and social media exchanges escalate to violence.
- List key elements to look for as indicators of emotional or situational stress which may meet the level of DSM-5 criteria.
- Replicate therapeutic activities that practitioners may utilize in both individual therapy sessions or in psychoeducational groups.
- Guide difficult to reach teens and assist them in gaining more control of their mental wellness and promote positive interactions within their school and larger communities.

Workshop Length: 90 minutes

(In-person or online option) In-person is recommended.

For online workshops, participants will be asked to keep their cameras on and participate via small group discussions and other interactive exercises.