

# Professional Development Trainings



## To Group or Not to Group, That is the Question?

To Group or Not to Group, That is the Question? explores the process of forming groups and creating treating plans. Participants can expect to engage in the process of forming groups and developing treatment plans during the workshop. This training would be best suited for counselors (cap of 15)

## ADHD: It's My Superpower

ADHD: It's My Superpower provides psychoeducation to help understand the symptoms, causes, and treatment for those diagnosed with ADHD. Participants will explore the many "Executive Functioning" skills and how one with ADHD may displays these skills. This training would be best suited for parents, teachers, counselors, and campus staff.

## Back to School Blues: Managing Stress

Back to School Blues: Managing Stress provides psychoeducation to help identify the differences between stress and anxiety and their physiological presentation in the body. This training would be best suited for parents, teachers, counselors, and campus staff.

## Suicide Prevention: Know the Facts

Suicide Prevention provides psychoeducation to address common misconceptions surrounding suicide. This training would be best suited for any target audience as the material does not require any pre-requisites or prior knowledge.

## Mental Health Today

Mental health Today aims to break the stigma surrounding mental health and provides psychoeducation to address common misconceptions. This training would be best suited for any target audience as the material does not require any pre-requisites or prior knowledge.

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## Treatment Planning

Treatment Planning explores the process of developing treatment plans targeted to meet the individual needs of the client. Participants can expect to engage in the process of developing treatment plans during the workshop. This training would be best suited for counselors (cap of 15).

## Bipolar I vs Bipolar II

Bipolar I vs Bipolar II provides psychoeducation to help understand the symptoms, causes, and treatment of Bipolar disorder. Participants will learn of the differences between Bipolar I & Bipolar II. This training would be best suited for parents, teachers, counselors, and campus staff.

## Bridging the Gap: Increasing Parent Engagement

Bridging the Gap: Increasing Parent Engagement provides the tools to help address parent engagement challenges. This training would be best suited for campus leadership, district leadership, counselors, administrative staff.

## Teaching Students With Various Diagnosis

Teaching Students with Various Diagnosis is a stimulation classroom experience that allows participants to witness a mock lesson demonstration in a classroom of students with varying mental health diagnosis. Participants will can expect to engage in the demonstration and discussion. This training would be best suited for teachers, counselors, and instructional staff.

## Special Education Populations

Special Education Populations provides psychoeducation to help understand the many populations within Special Education. Participants will learn of the differences of each sub-population. This training would be best suited for parents, teachers, counselors, and campus staff.