

Equity in Education: Promoting Affirming Rehab Services in Georgia Schools

LIVE, Virtual Training
September 29th, 2023

VIRTUAL TRAINING INFORMATION

1:00 pm Program begins
4:00 pm Program ends

Host: GEORGIA ALLIANCE OF SCHOOL OCCUPATIONAL & PHYSICAL THERAPY

To register contact GASOPT Co-Chairs

Dr. LaShaunn Stoddart, OTD and

Dr. Linda Weaver, PT, DPT

To Register go to: gasopt@gmail.com

For additional information visit:

<https://cdn.pesi.com/pdf/inhouse/faq.pdf>

Equity in Education: Promoting Affirming Rehab Services in Georgia Schools is a two-hour empowering training designed to equip school physical therapists (PTs) and occupational therapists (OTs) with the knowledge and skills to deliver trauma-informed, inclusive, and affirming care to all youth in Georgia public schools. Throughout this comprehensive training, participants will delve into the significance of affirming occupational and physical therapy in the school setting. We will explore the unique challenges and experiences faced by LGBTQIA+ youth, as well as the impact of societal factors on their mental health. Additionally, this course will discuss the impact of intersectional identities held by students that further impact their school experience. By understanding these barriers, participants will learn how to create a safe and inclusive environment that fosters trust, validation, and respect.

Target audience: Occupational therapists, Physical therapists

Krystyna Holland, PT, DPT

Krystyna Holland, DPT (she/her) is a physical therapist who founded Inclusive Care, a physical therapy office in Denver, Colorado specializing in the provision of trauma-informed pelvic floor care to individuals across the gender identity spectrum. In addition to providing trauma-informed, inclusive, and affirming services to patients, Krystyna aims to make healthcare safer for patients through trauma-informed care training and consulting for medical offices and healthcare organizations. You can find her on Instagram @Krystyna.Holland.

Program Outline

Providing Inclusive and Affirming Rehab Services in Georgia Public Schools

- Introduction to Inclusive and Affirming Rehab Services
- Understanding Intersectionality and Diverse Identities
- Best Practices for Inclusive Language and Communication
- Practical Strategies
- Resources
- Q & A

Objectives

By the end of this course, participants will be able to:

- Analyze the barriers and challenges that LGBTQ+ youth may face in accessing inclusive and affirming environments and recommend solutions to overcome them.
- Explain the potential impact of inclusive and affirming environments on the mental health, physical well-being, and school performance of LGBTQ+ youth.
- Define and understand the concept of intersecting identities, including sexual orientation, gender identity, race, body size, disability status, kids with parents who are incarcerated, kids who don't live with their parents, etc.

Continuing Education Credits

Anxiety in the Classroom: Symptoms, Sources, and Skillful Solutions

LIVE, Virtual Training
September 29th, 2023

Virtual Training Information

Central Time

9:00am Program begins

12:00pm Program ends

Host: GEORGIA ALLIANCE OF SCHOOL
OCCUPATIONAL & PHYSICAL
THERAPY

To register contact:

GASOPT Co-Chairs
Dr. LaShaunn Stoddart, OTD and Dr. Linda
Weaver, PT,DPT

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Anxiety in children has been on the rise since the recent pandemic. Classrooms are struggling to manage the anxiety that children bring into the building with them. Symptoms include verbal and physical aggression, opposition, elopement and withdrawal. As educators struggle to address anxiety in the educational setting, support services such as occupational and physical therapy, speech and language and ESL services are also struggling to provide support to students. Symptom management is necessary if support services are going to be effective. This seminar focuses on reducing anxiety symptoms to increase the effectiveness of support services in an educational setting. Equipping support service providers with interventions that can be used to de-escalate the anxious child will help them to work more confidently and effectively with these students.

Target Audience: Occupational Therapists, Physical Therapist

Christina Reese, PhD, LCPC

Christina Reese, PhD, LCPC has been working with children and their families for over 20 years and uses play therapy, art therapy and cognitive behavior therapies to help families solve problems. She has been the director of an outpatient mental health clinic and has worked in private practice, as a court ordered therapist and in residential treatment centers. She works with a variety of diagnoses from ADHD to Oppositional Defiant Behavior, Bipolar and Mood Disorders, and Attachment Disorders. She has her PhD in Counselor Education from George Washington University and is a licensed clinical supervisor. Dr. Reese has authored 5 books about attachment and trauma.

Non-financial: Dr. Christina Reese has no relevant non-financial relationships.



Program Outline

What is Anxiety

- Emotion
- Biological Response
- Mental Alert System

Symptoms

- Fight: verbal and physical aggression
- Flight: elopement
- Freeze: dissociation

Sources

- Biological/Nature
- Nurture/Family Functions
- Exposure to trauma and world events

Skillful Solutions

- For Mind/Disengaging the Alert System
- For Biological Regulation
- For Emotion Regulation
- Anxiety Treatment Curriculum/ Group Work

Objectives

1. Recognize the symptoms of anxiety including behavioral challenges.
2. Identify the sources of anxiety in children to better address them.
3. Recognize how anxiety changes a person's thoughts, emotions and biology.
4. Apply 4 interventions to help anxious children regulate

Continuing Education Credits

