

# Cognitive-Behavioral Techniques for Educators

*Sponsored by  
The Greater Los Angeles Area SELPAs (GLAAS) and Mid-Cities SELPA*

**Presenter:** Tim Halphide, M.A., L.M.F.T., School Psychologist and Licensed Marriage and Family Therapist  
Diagnostic Center South, California Department of Education

**Date:** Tuesday, January 30, 2024

**Time:** 8:00 am – 8:30 am: Registration  
8:30 am – 12:45 pm: Workshop

**Place:** Bellflower Unified School District – Board Room  
16703 S. Clark Avenue, Bellflower, CA 90706

**Content:** Behavior Intervention Plans (BIPs) may not offer a complete course of intervention for students with emotional-behavioral disorders. Effective treatment planning includes evidence-based cognitive-behavioral interventions (CBIs) for addressing intrapsychic conflict at the root of many of these disorders. This unique hands-on, interactive training provides you with the key CBIs to help develop an effective milieu program that—in tandem with your students' mental health professionals—can provide brief, issue-focused support to help restructure student thinking, provide techniques that students can use to develop emotional equanimity, foster intrinsic motivation, and improve behavioral outcomes.

**Intended Audience:** Special education teachers, school psychologists, administrators, LCSWs, LMFTs, LPCCs, clinical psychologists, ERMHS staff or school counselors specifically designated to work with special needs students, behaviorists, and others who actively work with youth who have mental health concerns

**Outcomes:** Participants will:

1. Learn how to help students identify and battle cognitive distortions.
2. Learn how to assist in changing emotional patterns that lead to unwanted outcomes.
3. Learn ways to help students regulate and manage moods.
4. Learn and practice “mindfulness” techniques that help de-stress and rapidly restore emotional equilibrium.
5. Discover methods to cultivate student values that lead to action plans aimed at improving learning, participation, and future outcomes.

---

**Registration Deadline: January 16, 2024**

There are only 80 spaces available – FIRST COME, FIRST SERVED!

Click on the following link to register:

<https://forms.gle/nGF8XTq9qMK8eA937>

OR

Scan QR Code to register:



If you have any questions, please contact the **Mid-Cities SELPA** Office at (562) 866-9011 ext. 2050.