

November 2022 Webinars

Improving Social Skills in Children and Youth: Tuesday, November 1, 9:00 a.m. to 12:00 p.m.

This is a 3-hour online continuing education (CE) course that provides healthcare professionals with practical tools to guide children in gaining social competence.

Highlighting the benefits and advantages to having well-developed social skills and demonstrating the difficulties and challenges that arise from a lack of these crucial skills, this course will provide practical tools that teachers and therapists can employ to guide children to overcome their difficulties in the social realm and gain social competence.

While there are hundreds of important social skills for students to learn, this course will highlight various aspects of social skills that children must master to have normative, healthy relationships with the people they encounter every day. This course provides tools and suggestions that, with practice and support, can assist them in managing their social skills deficits to function in society and nurture relationships with the peers and adults in their lives.

Learning Objectives

After the completion of this webinar, participants will be able to:

- *Define social skills and the importance of social skills in the development of children.*
- *List learning disabilities that can impair a child's ability to develop age-appropriate social skills.*
- *Identify strategies to help children develop social skills through the Social Thinking curriculum*
- *Identify strategies to help children develop explicit communication skills*

This workshop is approved for 3.0 continuing education credit hours.

Click here to register: <https://naswnys.org/civcrm/event/info/?reset=1&id=573>

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### **Introduction to Tapping: A Self-Regulation, Stress Anxiety, And Trauma Relief Method Wednesday, November 9, 9:00 a.m. to 12:00 p.m.**

Now, more than ever, skill development programs that help with anxiety, impulsivity, and focus are essential tools to create lasting positive change desperately needed.

In this practical and hands-on program, you learn self-regulation Emotional Freedom Technique (EFT), or Tapping, neuroscience, and evidence-based self-regulating stress, anxiety, and trauma relief method. It's called Tapping because you Tap with your own fingertips on Acupuncture Meridian Points on your face and body. Clinical trials have shown that EFT lowers the stress response and reduces the emotional impact of past traumatic memories while positively influencing gene expression.

In this introduction skill development workshop, you will discover why you need a mind-body approach like Tapping in your toolkit and how it will help you and your clients self-regulate and lower anxiety and trauma triggers. You will briefly learn the neuroscience that supports EFT's effectiveness with information from leading trauma experts like Drs. Bessel van der Kolk, Peter Levine, and Stephen Porges (Poly Vagul Theory).

Additionally, you will discover how the stress response affects critical thinking and executive functioning. You will learn Functional Tapping, an abbreviated form of EFT stress relief and grounding, and how to comfortably introduce it to your clients and use it during therapy sessions.

Participants will leave with the ability to Tap for stress relief, grounding, and the ability to teach others to do the same.

**Learning Objectives**

After the completion of this webinar, participants will be able to:

- *Describe how stress adversely affects cognition and critical thinking*
- *Explain the benefits of using Tapping for self-regulation*
- *Demonstrate Functional EFT*

**This workshop is approved for 3.0 continuing education credit hours.**

Click here to register: <https://naswnys.org/civicrm/event/info/?reset=1&id=574>



**Navigating Grief During the Holidays: Planning Ahead to Manage Difficult Times  
Thursday, November 10, 5:00 p.m. to 7:00 p.m.**

Under normal circumstance, the holiday season can be a stressful time. When grieving the death of a loved one, holidays may be especially challenging. Unexpected & overwhelming emotions may suddenly arise. However, these anticipated moments can be managed. This workshop offers practical skills and strategies to provide comfort, support & techniques to both manage the grief & practice self-care while navigating the holiday season.

The workshop spotlights 10 C's to cope with grief. It highlights the whole mind-body impact of grief & examines case studies focused on the benefits of "Write Your Script" to plan ahead for difficult moments. It provides "Do & Don't" guidelines to help one stay in control, anticipate, take it easy and recognize that there is no right or wrong way to get through the holidays after the death of a loved one. We examine how to incorporate familiar rituals/customs/traditions with a twist to help cope. The emphasis is not on leaving a loved one behind. It is going forward and continuing our bonds with them in new ways during the holiday season.

**Learning Objectives**

After the completion of this webinar, participants will be able to:

- *Define loss & grief, types of griever, the dual process model of grief & the components of the tasks of mourning vs stages of grief.*
- *Identify coping strategies & therapeutic interventions to help navigate grief.*
- *Communicate grief as a whole-body experience.*
- *Write a script to manage difficult moments.*
- *Describe the Do's & Don'ts of planning ahead to reduce the impact of self-imposed expectations yet incorporate new traditions as a form of continued bond with a loved one.*

**This workshop is approved for 2.0 continuing education credit hours.**

Click here to register: <https://naswnys.org/civicrm/event/info/?reset=1&id=575>

