



2

2 PD Credits
for New Jersey
Educators

ABOUT OUR SPEAKER: Michael C. Selbst, Ph.D., BCBA-D

is the Executive Director of Behavior Therapy Associates. A Licensed Psychologist, Certified School Psychologist, and Board-Certified Behavior Analyst at the Doctoral level, he also Co-Founded the HI-STEP® Summer Social Skills Program. He is co-author of publications and books including *The Behavior Problems Resource Kit: Forms and Procedures for Identification, Measurement and Intervention*, *The Social Skills Curriculum*, *POWER-Solving®: Stepping Stones to Solving Life's Everyday Social Problems*, and a book chapter "Acceptance and Commitment Therapy" in A. G. Dempsey's (Ed.) book, *Pediatric Health Conditions in Schools: A Clinician's Guide for Working with Children, Families, and Educators*. He has extensive experience evaluating and treating children, teens and adults, and consulting with school districts and private schools. A sought-after speaker, he has led workshops at local, statewide, national, and international conferences.

Free
Workshop

THE TRAINING Institute

at Garfield Park Academy

Teaching Students to Use Emotional Regulation: Best Practices for Educators

featuring Dr. Michael Selbst,
BCBA-D, Behavior Therapy
Associates, Somerset NJ

VIRTUAL VIA ZOOM

March 7, 2025, 9:30 – 11:30 a.m.

Unmanaged, strong emotions can quickly hijack a situation. With skills and some practice, students – and their teachers – can learn emotional regulation strategies to manage stress, anxiety, and demands.

In this 2-hour virtual program, participants will learn:

- The impact of life's uncertainties and challenges on their students' emotional regulation and social emotional learning.
- Concrete strategies to support students' social emotional needs, including strategies related to present-moment awareness, values identification, executive functioning, and social emotional learning.
- Concrete strategies to foster self-care for themselves and their students and to develop positive relationships with students.

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