

TASN ATBS School Mental Health Initiative Webinar Series



Autism and Tertiary Behavior Supports
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SMHI 2017 Webinar Series

INTRODUCTION

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Learning Targets

- * I can explain why using mindfulness practice in the classroom may be a helpful strategy to support student learning and achievement
- * I can use current research from the fields of education, behavioral health and neuro-science to support my ideas
- * I can relate and describe my own experience with mindfulness practice.



What is mindfulness?

- * Reflecting on the title for this presentation
- * At its heart... simple breathing and non-religious meditation practices.
- * Mindfulness involves learning to direct attention to the here and now, moment by moment, with open-minded curiosity and acceptance. (Bishop, et. al, 2004).



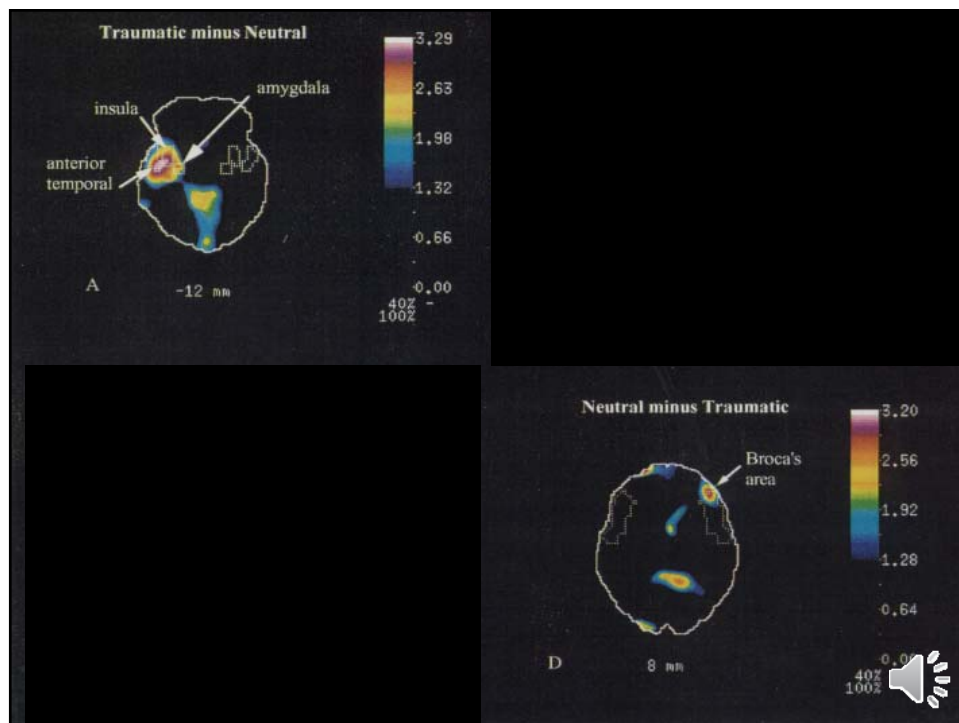
Involves Three Interrelated Skills

- * 1.) Concentrate attention intentionally on the here and now
- * 2.) Perceive the present moment in a calm and clear manner
- * 3.) Experience each moment just as it is, without biasing mental reactions or judgements (Young, 2011)



How It Works

- * Mindfulness has been shown to alter the organization and action of neural circuitry (Greenburg).
- * Sharpens concentration and attention
- * Builds emotion regulation skills to effectively manage stress
- * Enhances self-knowledge (Greenburg)



Documented Benefits of Mindfulness

Benefits:

- * 1.) Decreased rates of absenteeism, suspension, hostility and school infractions (Beauchemin, et. al, 2008).
- * 2.) Mindfulness training offers all students tools that help:
 - * a) Improve school performance
 - * b) Minimize the negative effects of stress
 - * c) Manage low mood/depression and reduce anxiety
 - * d) Maximize general well being and build tools for life such as empathy, self-compassion, emotional resilience and tolerance (Noggle and Khalsa, 2010).



But what about staff?

Professional Disposition or Habits of Mind

- * A fourth domain of effective teaching (Nat. Council for Teacher Acc.)
- * Focuses on the ability to:
 - * 1.) gather data through all of the senses
 - * 2.) reflecting on experience in a non-judgmental way
 - * 3.) being flexible when solving problems
 - * 4.) regulating emotions,
 - * 5.) being resilient
 - * 6.) attending to others with empathy and compassion.



Activity One



Activity Two

