

Don't Miss This  
 Important 1-Day Conference  
**Stressed-Out Teachers,  
 Stressed-Out Students**  
 The Effects of Stress and How to  
 Deal with It in Yourself and  
 Your Students  
 Register on the Web  
[www.learn.unh.edu/stress](http://www.learn.unh.edu/stress)

**Customized Training**

If your school or organization has several staff who would like training in a specific area, we can provide customized training at your location or ours. We will work with you to assess, design, and deliver training. For more information contact Kay MacMillan at (603) 862-1739 (Kay.MacMillan@unh.edu).

For Teachers, Special Education Directors,  
 School Administrators, Guidance Counselors,  
 Family & Youth Counselors, & Related Professionals

One-day Conference  
**STRESSED-OUT TEACHERS  
 STRESSED-OUT STUDENTS**

*THE EFFECTS OF STRESS AND  
 HOW TO DEAL WITH IT...  
 IN YOURSELF AND YOUR STUDENTS*

Friday, May 29, 2009  
 Manchester, NH

  
 UNIVERSITY of NEW HAMPSHIRE  
 PROFESSIONAL DEVELOPMENT & TRAINING  
 The Graduate School

[www.learn.unh.edu/stress](http://www.learn.unh.edu/stress)

*Special One-Day Conference*

**STRESSED-OUT TEACHERS  
 STRESSED-OUT STUDENTS**

*THE EFFECTS OF STRESS AND  
 HOW TO DEAL WITH IT...  
 IN YOURSELF AND YOUR STUDENTS*

Friday, May 29, 2009  
 9 a.m. - 3:15 p.m., Manchester, NH

\$189 • .55 CEUs • CRN 25785  
 (includes lunch/breaks)

*Submitted for Approval to NASW, NH Chapter*

8:15-9:00 a.m.	Registration
9:00-10:15 a.m.	Welcome and Keynote
10:15-10:30 a.m.	Break
10:30 a.m.-12:30 p.m.	Four Breakout Sessions
12:30-1:15 p.m.	Lunch
1:15-3:15 p.m.	Four Breakout Sessions (repeated)

**Keynote Address**

**STRESSED OUT!**  
*Recognizing Stress in Yourself  
 and Students and Developing  
 Stress-Resilient Strategies*

This keynote address will look at stress from a variety of perspectives. The positive and negative aspects of stress will be highlighted along with its health implications. You'll discuss strategies for managing stress, as well as how to turn stressful situations into opportunities. You'll learn how to recognize stress indicators in yourself and your students, become aware of your "tipping point" when stress becomes anxiety or burnout. Coping strategies that you can employ for your own well-being or impart to stressed-out students will be presented.

**Keynote Speaker:** Barbara White, Ph.D. in Developmental/Educational Psychology, is a faculty member in UNH's Occupational Therapy Department where she teaches a course called "Stressed Out: The Nature of Human Stress." Her research interests are in stress and its relation to health, and optimal, meaningful engagement in activities and occupations in children and adults. Among her research projects, she has studied stress responses in children diagnosed with Autism Spectrum Disorder, and she also examined the relationship stress, health and school or work in both adults and children. She is also interested in stimulant medication abuse and attention disorders in children and adults. She was the recipient of UNH's College of Health and Human Services 2007 Teaching Excellence Award.

**Four Breakout Sessions**

The following sessions will be repeated. Choose one to attend in the morning and one in the afternoon.

**MANAGING STRESS AND  
 PREVENTING BURNOUT**

Professionals of all types--teachers, counselors and social workers, and healthcare providers --are under constant and considerable stress. Often you are unaware of the emotional and physical toll this stress takes until you experience burnout. The affects of burnout may manifest itself in mild to more severe ways--for instance, causing you to become angry and impatient with the people you work with, lose the ability to experience empathy or lead you to leave your profession.

This session will help you recognize the symptoms of burnout and prevent it. You'll learn stress management techniques that are easy to use and extremely effective.

**Presenter:** Christine Miller, Ed.M., L.C.M.H.C., has over 30 years of experience in treating adolescents. She has worked with teenagers in public school, juvenile detention, family planning and as a group home director. She is currently a psychotherapist in private practice at Women's Counseling Center in Bedford, where she treats adolescent girls in an out-patient setting and consults to a residential group home for girls.

## A GUIDE TO UNDERSTANDING

### STRESS AND LEARNING:

#### *The Brain's Role*

The human brain mobilizes a series of events during stressful events to handle the moment and to cope with the aftermath. The cortex, limbic, endocrine, immune, and cardiovascular systems are all involved in responding to stress. Brain and body responses are short-term, including a racing heart, sweaty palms, and a throbbing head, and long-term, with high blood pressure, insomnia, mental clouding, indecision, and labile moods. Stress alters the brain with a myriad of responses that increase the risk of cognitive, affective, and physical problems. When academic learning is accompanied by stressful, anxiety-provoking, and humiliating events, the short- and long-term stress responses are elicited. This session will explore the brain's role in stressful learning so you have a deeper understanding of some of the physiological and emotional affects that may be at work in stressed-out students.

**Presenter:** Anita Remig, Ed.D., has worked with children and families for over 30 years. She gives seminars on ADHD, PDD, LD, and the human brain throughout the country.

### SEMINARS & CERTIFICATE PROGRAMS

In addition to this conference, UNH Professional Development & Training offers over 50 one-day workshops in Portsmouth, Manchester, and Durham each semester in topics related to teaching, school admin., and health and human services. Many seminars are also offered in other fields, including supervision and management, desktop publishing and web design, and more. Short-term, noncredit Certificate Programs, including a new Certificate Program in Coaching Children and Teens, are also available. For information go to [www.learn.unh.edu/pcw](http://www.learn.unh.edu/pcw) or email us at [professional.development@unh.edu](mailto:professional.development@unh.edu) to request a catalog or brochure.

## DEALING WITH DIFFICULT INDIVIDUALS

### IN THE SCHOOL SETTING

Who is your difficult person—a colleague, administrator, student or parent? How do you deal with difficult interactions? How much does it stress you out? This session will explore some of the different types of difficult people that you may encounter in your work, help you to identify what “pushes your buttons,” and teach you how to handle each difficult type in a positive way that reduces stress and builds communication.

**Presenter:** Teresa Locacio George, M.A. in Speech Communication, is founder and principal of Speakwell, a communication training firm, focusing on communication skills in the workplace. She has taught a variety of communication classes at many colleges, including Penn State and UMass. With over 20 years' experience in training, teaching, singing, acting and storytelling, she helps participants to reach their communication goals.

## TEACHING AND COUNSELING YOUTH

### IN TROUBLED TIMES

Today's teachers and counselors face the dilemma of educating and helping children and youth who bear the stigmas of our modern culture—educational disadvantage, mental health diagnoses, family breakdown, community evolution, vocational uncertainty, financial insecurity, and moral nihilism. Teachers and counselors often are expected to be all things to all constituents, playing the role of judge, knowledge source, learning assistant, referee, detective, group leader, surrogate parent, and target for hostility. This session examines these roles in a climate that goes beyond the demands of pedagogy. The purpose will be to help you redefine your purpose and address issues that cause student stress. The goal is to assist you in looking at the dilemmas of teaching and youth counseling in new ways, to discover ways of defining problems to make them more manageable, and to renew the sense of satisfaction that teaching and counseling can bestow.

**Presenter:** Arthur DiRocco, Ph.D., is a licensed psychologist in private practice, specializing in working with children and adolescents who exhibit behavioral and emotional difficulties. He has been a consulting psychologist for adjudicated youth and has conducted risk assessments for schools and the courts.

## Location

The conference will be held at UNH Manchester on 400 Commercial St. For info about the location call (603) 641-4350.

## 4 Ways to Register

**On the Web:** Go to [www.learn.unh.edu/stress](http://www.learn.unh.edu/stress)

**By Phone:** Call (603) 862-2015 or 1-(800) 313-5327 with credit card information.

**By Mail:** Mail form in this brochure with payment.

**By Fax:** Fax with credit card info to (603) 862-0655.

## Cost and Refund Policy

Conference cost is \$189 and includes lunch, breaks, and materials. Refunds, less a \$25 processing fee, will be given if written cancellation is received five business days prior to the conference.

## For More Information

**About the Conference:** Call (603) 862-1739

**About Registration:** Call (603) 862-2015

**About Other UNH Professional Development & Training Seminars and Programs:** Call (603) 862-4234 or visit [www.learn.unh.edu/pcw](http://www.learn.unh.edu/pcw)

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### REGISTRATION FORM

Mail to: UNH Registration, Stoke Hall, 11 Garrison Ave., Durham, NH 03824; or call (603) 862-2015; or fax (603) 862-0655 or go to [www.learn.unh.edu/stress](http://www.learn.unh.edu/stress)

### STRESSED-OUT TEACHERS, STRESSED-OUT STUDENTS

Friday, May 29, 2009 • 9 a.m.-3:15 p.m. • \$189 • CRN 25785

Name (Please Print) Last: \_\_\_\_\_ First \_\_\_\_\_ M.I. \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Social Security No. \_\_\_\_\_ Date of Birth (required) \_\_\_\_\_

SS# is used for ID purposes only and may be required for education tax credits and CEUs tracking.

Phone: (Day) \_\_\_\_\_ (Eve) \_\_\_\_\_

Email Address \_\_\_\_\_

Title \_\_\_\_\_ Employer \_\_\_\_\_

Work Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Enclosed is \$ \_\_\_\_\_

by :  Check (payable to UNH)  VISA  MasterCard  Discover  UNH Pcard

Card No. \_\_\_\_\_ Exp. Date \_\_\_\_\_

Name on Card \_\_\_\_\_ Signature \_\_\_\_\_