



**It's time for the WSASP Spring Lecture Series**

**Our spring series this year will be focused on one topic with one speaker-Dr. Sam Song of Seattle University would like to invite you to a \*k-20 'class' on the role of the School Psychologist in providing school-based mental health services. The students are out there; the need greater than ever and the role of the School Psychologist has never been muddier. How can we, as School Psychologists, assist the district, school and staff and students with significant mental health needs. Let us not forget that some 75% of students with mental health needs are NOT getting their needs met.**

**Embracing The Mental Health Role in WA: Cognitive Behavioral Strategies for School Psychologists**

School psychology has asked what our role should be in addressing the mental health needs of students for decades. Founded on the public health model and developmental-ecological theory, a population-based school mental health approach relying on multiple layers of intervention is key to addressing school mental health needs (Doll & Cummings, 2009; Conference on the Future of School Psychology, Nov, 2002). Despite best efforts at universal and secondary (Tier 1 and 2) interventions, schools will still find students who require intensive mental health interventions (e.g., Tier 3, 4, and 5?). While some schools may rely on school counselors or collaboration with community agencies to address their students’ mental health needs, not all schools employ school counselors or have community resources with whom to collaborate, e.g., rural schools. In some areas of Washington, school psychologists are increasingly finding themselves to be the sole “mental health expert” in the school if not the community. Indeed, there is a need for school psychologists to assist in meeting the mental health needs of students.

This lecture series addresses this need by focusing on Cognitive Behavioral Strategies and Interventions (CBIs) to address the mental health needs of students requiring intensive interventions (Tier 3 and beyond). Rather than focusing on diagnostic categories of disorder, each workshop in the series addresses problem areas that are most commonly encountered in schools and the core interventions to address them effectively. Rather than “talking about” interventions, most of the instructional time spent in each workshop will focus on “how to do” the interventions relying on modeling, interactive discussion, case examples, and peer observation. Therefore, only the core interventions will be covered for each problem area because the instructional methods are time consuming. In other words, each workshop aims to go deep on a few interventions, rather than touch the surface on many.

Schedule: all workshops are from 9 AM to 3:30 PM; an hour lunch and two short breaks will be provided

**Total clock hours: 5 per day for 5 sessions = 25 clock hours**

Session	Date	Topic
Session 1	January 27	Introduction to CBI and Anger/Aggression
Session 2	February 17	CBI for Anxiety
Session 3	March 16	CBI for Depressive Moods
Session 4	April 27	CBI for Executive Functioning ADHD/Autism
Session 5	May 25	CBI Risk Assessment for Psychoses

\*k-20 is a state-wide video conferencing system that is available in virtually every district and ESD. Sites are determined by preferences through this registration process.

# WSASP Spring Lecture Series 2012 Registration Form

**Name:** \_\_\_\_\_

**Address** \_\_\_\_\_

**Email address:** \_\_\_\_\_ (print clearly)

**Phone:** \_\_\_\_\_

**School** \_\_\_\_\_

**District:** \_\_\_\_\_

## Preferred site for k-20 transmission:

(\*k-20 is a state-wide video conferencing system that is available in virtually every district and ESD. Sites will be determined once we receive registrations, with preference to central locations and remote school districts where travel to ESD or central locations is impossible.)

## Are you a WSASP member?

(if not, it would be to your financial benefit to join before completing this application at [wsasp.org](http://wsasp.org))

Yes                      No

Regular - WSASP member                      \$200 (\$50 per session)

Regular - Non-WSASP member                      \$300 (\$75 per session)

Student/Retired - WSASP member                      \$100 (\$25 per session)

Student/Retired - Non-WSASP member                      \$150 (\$40 per session)

Per session registration (check off which ones you are registering for):

1     2     3     4     5

Total: \$ \_\_\_\_\_

## Form of payment:

District PO to follow

Check enclosed

Credit card (you are able to register on-line with credit card as well at [wsasp.org](http://wsasp.org))

Type:

Card number:

Expiration

Visa

Master Card

Discover

American Express

Signature approving billing of card: \_\_\_\_\_

Questions regarding  
registration/membership:  
Deb Lambert  
[wsaspregristration@yahoo.com](mailto:wsaspregristration@yahoo.com)

Questions regarding series:  
Steve Hirsch  
[steve.hirsch@shorelineschools.org](mailto:steve.hirsch@shorelineschools.org)  
509.230.6643

Send registration to:  
WSASP Registration  
PO Box 632  
Otis Orchards, WA 99027