

BRIEF SOLUTION-FOCUSED COUNSELING IN SCHOOLS: PRACTICAL SKILLS AND STRATEGIES

This workshop provides school psychologists and others with practical, evidence-based strategies of Brief Solution-Focused Counseling (BSFC), an efficient and culturally respectful approach to resolving problems by building on students' strengths and resources. Participants will learn how to: build cooperative relationships, ask change-focused questions, and develop creative interventions from students' unique strengths and resources. Demonstrations, videos, and practice exercises help participants immediately apply workshop techniques on the job the very next day.

SKILL TO BUILD UP THE HAPPY CLASS BASED ON SCHOOL PSYCHOLOGY

Tran Thi Le Thu, Ph.D
Associate Professor

Essential principle and skills to cultivate more happiness in classrooms in accordance with evidence-based practices and research in school psychology will be presented and discussed in this mini-skill workshop. The core audience for this workshop include K-12 teachers, school psychologists and other educators. The mini-skills workshop will focus on skills necessary to foster a classroom environment that values love, understanding, respect, and safety. Participants will observe, practice and experience different practical activities and case from schools involved in cultivating these values in their classrooms. After this workshop, the participants will be able to apply those basic and simple skills in their own settings.

USING CASE FORMULATION IN PSYCHOTHERAPY

Tran Thanh Nam, Ph.D

The case formulation is a framework for developing hypothesis about the causes, precipitants, and maintaining influences of a person's emotional, behavioral problems and thought contents. Recent research findings indicated the effectiveness of case formulation psychotherapy in compared with research manualized psychotherapy. The main values of case formulation are providing a treatment plan that flexibly meets the unique needs of the patient at hand, guiding the therapist's decision making, helping client to identify changes; and increasing empathy. To assist psychologists in clinical practice, this workshop focus on discussing criteria and process to develop a good formulation then illustrate by a clinical case. Main steps for case formulation include: (i) develop problem list; (ii) assign diagnosis; (iii) individualize the formulation based on select general causal models; (iv) develop treatment plan based on case formulation.

FUNCTIONAL BEHAVIOR ASSESSMENT

Khuc Nang Toan, Ph.D

When a student's behavior is interfering with his/her learning and/or the learning of others, a Functional Behavior Assessment (FBA) should be in place to help understand the purpose or function of the behavior. The process of FBA involves collecting information about the interfering behavior and accompanying environments, in order to hypothesize the purpose (function) of the target behavior and guide the development of function-based behavioral interventions. The present workshop is designed to help school workers and parents be familiar with FBA process and essential techniques to get through this process, step by step. By their accomplishment of the workshop, participants will be able to (1) identify the components included in an FBA, (2) define the behavior in an objective and specific way, (3) gather needed information to come up with ideas about the function of the behavior, and (4) develop a behavior intervention plan that appropriately address the problem behavior based on its function.