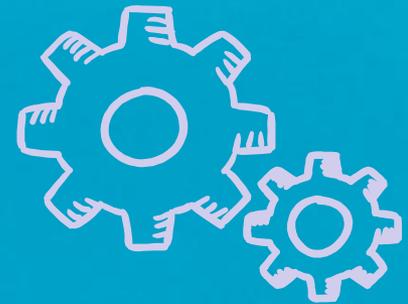


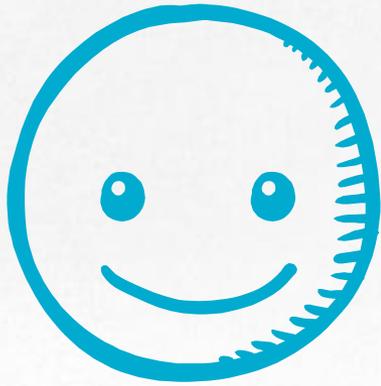
COPING SKILLS TECHNIQUES FOR SCHOOL COUNSELORS!

Catherine Griffith, Ph.D. UMass Amherst

Powerpoint: CatherineGriffith.com

→ presentations tab





Hello &

Welcome!

**WHO'S JOINING US, AND
WHAT BROUGHT YOU HERE?**



TECHNIQUES TOOLBOX



Welcome

The Ronald H. Fredrickson Center for School Counseling Outcome Research & Evaluation (CSCORE) is dedicated to improving educational opportunities and outcomes for all children through identifying and developing [...more](#)

We are a part of the College of Education at the University of Massachusetts, located in Amherst, Western Massachusetts in the United States.



The Ronald H. Fredrickson Center for School Counseling Outcome Research & Evaluation (CSCORE) is now the official web host for the National Evidence-Based School Counseling Conference [Conference Link Here!](#)

NEW AT CSCORE

News & Events

[Dr. Agostino Portera](#) from the University of Verona, Italy delivers a colloquium at CSCORE on Intercultural Competencies in Counseling.

Subscribe to the CSCORE listserv to receive our research briefs. [Register now or edit your current registration](#)

OUR WORK

Projects

CSCORE's projects include research, program evaluation, and consultation. CSCORE also provides professional development to school counselors and districts nationwide.

- [Current Projects](#)
- [Past Projects](#)
- [Our Services](#)

STAFF MEMBERS

Contact Us

[John Carey](#), Director

[Carey Dimmitt](#), Associate Director

[Catherine Griffith](#), Associate Director

[Karen Harrington](#), Assistant Director

- [Leadership](#)
- [Center Members](#)
- [Center Fellows](#)

LET'S REFLECT:

What factors at your school/area impact your students' ability to cope?



Man's Heart Stops As Speaker Asks Audience To Turn To Person Next To Them

NEWS IN BRIEF

October 29, 2014

VOL 50 ISSUE 43

Local



BLOOMINGTON, MN—Attending a corporate leadership seminar at a local hotel conference center Wednesday, area sales director Mark Nellis reportedly felt his heart stop when a work

Today's Agenda:

▣ Theoretical Foundations

▣ Coping Techniques

Externalizing/Naming the Problem

Free Writing

Guided Relaxation

Positive Reframing

Pleasant Event Scheduling

Therapeutic Letter Writing

▣ Final Thoughts & Check-In





so
amaze

much
adventuer

such
magic



LET'S TAKE A TOUR OF OUR

**THEORETICAL
ASSUMPTIONS**

**KIDS ARE
RESILIENT**

**EVERY KID
IS COPING**

**SIDE
DOORS
HELP**

**PRESSURE
DOESN'T**

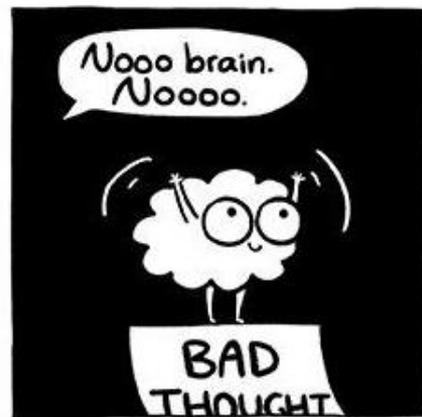
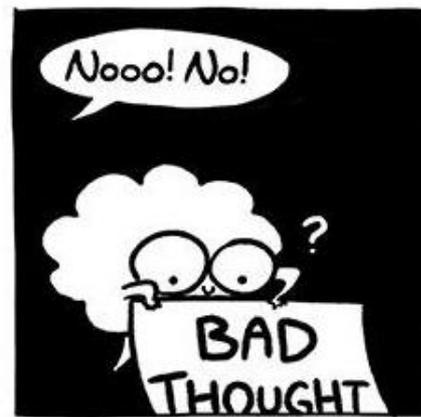
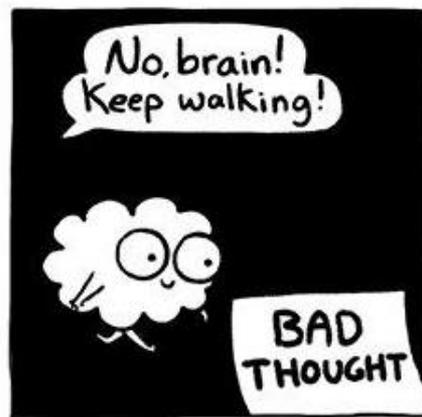
**IT'S THE
RELATIONSHIP
THAT HEALS**

1.

EXTERNALIZING/
NAMING THE
PROBLEM

"The person is not the
problem, the problem is
the problem."

-Michael White



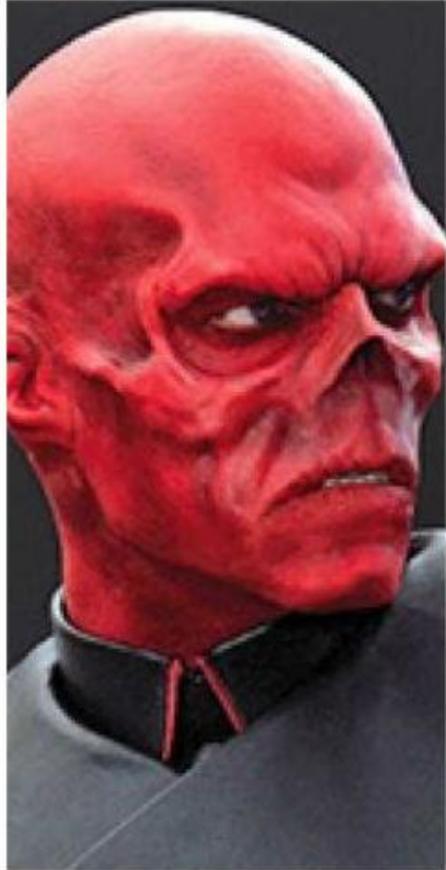
I had a black dog, his name was
depression...



<https://www.youtube.com/watch?v=XiCrniLQGyc>









Turn

TALK

and

!!.

FREE WRITING

Steps in Free Writing

- ▣ The goal is to have an outlet for your emotions
- ▣ Get a piece of paper & something to write with
- ▣ Think of a recent time you were upset
- ▣ Write anything that comes to mind for 5 min
- ▣ Try not to overthink it
- ▣ Process the experience

Let's Practice!



III.

GUIDED

RELAXATION

Popular Guided Relaxation Techniques

Progressive
Muscle
Relaxation

Mindfulness
and/or
Awareness

Deep
Breathing



Let's
give it a
try!

Building blocks of guided relaxation:



- Explain the purpose
- Create a comfortable space
- Normalize awkwardness
- Everything is optional
- Process the experience

IV.

Positive Reframing

**FOCUS ON WHAT'S
WORKING**



Let's Practice!





ACTIVITY: Flipping the Coin

Can you change the way you think by changing the words you use?

Look at these words...can you 'flip the coin'?

	—		+	
	obstacle	→	challenge	
	impatient	→	keen	
	cry-baby	→		
	aggressive	→		
	busy-body	→		
	coward	→		
	pushy	→		
	timid	→		
	boring	→		



Flipping the Coin

Think of a situation that you are facing right now that is making you feel very negative.

Write down everything that you are thinking and feeling on one side of the coin – the ‘negative side’, including how it makes you want to behave – or how you are behaving.

Share your thoughts with your partner if you wish.





Flipping the Coin

Now look again at the way you have described the situation to see if you can find any words that seem rather negative or exaggerated.

Can you change your perspective from the glass being half empty to it being half full? Can you try to describe the situation again in a more positive light?

If you can, write down this new description on the 'positive side' of the coin. Looking at the situation in a positive way may help you to think of a more positive, creative way of responding.



V.

PLEASANT EVENT
SCHEDULING



TALK

it

OUT

BRAINSTORM!



Can you think of three pleasant events that take about an hour?

20 minutes??

1 minute or less???

VI.

THERAPEUTIC

LETTER WRITING

Therapeutic Letter Writing

- ❖ Letters from you to your student
- ❖ Rainy day letters
- ❖ Dear Problem (a letter to your problem, using the name you gave it)
- ❖ Older, Wiser Self letter



Writing an Older, Wiser, Self Letter

- ▣ Writing a letter to yourself, from your future self
- ▣ Picture a time when things are better
- ▣ Imagine your future self as strong and in possession of resources and support
- ▣ What advice, encouragement, and comforting words would you have for yourself?
- ▣ Process the experience

Let's Practice!



WHEW!

Let's reflect...

- ▣ Key takeaways
- ▣ Areas to research further
- ▣ One action step/goal for the next two weeks

SELF CARE:

Can you use
any of these
activities
yourself?





Final Questions? Thoughts?
"Ah-ha" Moments?

STAY IN TOUCH!



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