GENERAL OVERVIEW

During the Annual Saturday Institute (SI) event, MSCA is offering two sessions. **Attendees will choose from one of the following options:**

- Supporting Kids, Parents & Teachers by Dr. Jane Bluestein and
- Creating Fearless School Counseling Programs by Chrissy Bashore, Carolyn Roof, Dr. Sharon Sevier, Dr. Rene’ Yoesel and friends.

These sessions provide an added opportunity for receiving additional professional development prior to the opening session of the Annual Fall Conference, which is scheduled for November 5-7.

The cost to attend is just $60 for members or $85 for non-members.
Make plans to attend this special 4-hour event featuring Dr. Jane Bluestein. The presentation will include a custom program presented by Dr. Bluestein on some of her most popular sessions, including Perfectionism – The High Cost of the Pressure to Be Perfect; Connecting with Kids in Emotional Distress; and Practical Strategies for Success with Defiant, Defeated and Other At-Risk Kids. Not only will this session help you in supporting kids in your school, but it will also ensure you have the materials and information to support other teachers and parents. Below are just a few highlights on each of the topics that Dr. Bluestein will cover during the presentation.

**Perfectionism** – The High Cost of the Pressure to Be Perfect – This section will include ideas to help kids learn to set reasonable and achievable goals, understand the value of making mistakes, and rebound and learn from failure. See effective ways to help kids get past difficulty with starting or finishing projects, as well as self-limitations that keep them stuck in an artificial comfort zone.

**Connecting with Kids in Emotional Distress** – During this section, we will examine what even the most well-meaning adult might inadvertently do when kids trusts us enough to share what’s going on with them, and why it can be so hard to connect. We’ll look at the impact of stress on learning and behavior, as well as strategies to avoid setting up these roadblocks to meaningful connecting and communications, along with some positive, practical, and effective alternatives which can truly support children as they learn to manage their emotions, resolve conflicts, and problems in non-hurtful ways.

**Practical Strategies for Success with Defiant, Defeated and Other At-Risk Kids** – This final section will provide dozens of effective, proven strategies to help you reach a wide range of students — all the while minimizing stress in the school environment! Learn simple, practical ways to avoid power struggles, defuse conflict and in-your-face challenges, engage kids who have all but given up, eliminate passivity and helplessness, improve parent involvement and support, and build student responsibility, commitment and self-management.

Additional information on each of these topics may be found on Dr. Bluestein’s website at janebluestein.com/hire-jane/presentations/.

**STILL WANT MORE INFO?**

For those that want additional information after the session has concluded, we will be hosting an informal meet-and-greet with Dr. Bluestein from 6:00 to 7:00 p.m. following the session. This special session will allow attendees the opportunity to interact in a more informal atmosphere, and provide a final chance to ask Dr. Bluestein any questions.
A dynamic and entertaining speaker, Dr. Bluestein has worked with thousands of educators, counselors, healthcare professionals, parents, childcare workers, and other community members worldwide. She has appeared internationally as a speaker and talk-show guest, including several appearances as a guest expert on CNN, National Public Radio and The Oprah Winfrey Show.

Dr. Bluestein specializes in programs and resources geared to provide practical and meaningful information, training and hope in areas related to relationship building, effective instruction and guidance, and personal growth and development. Much of her work focuses on interactions between adults and children, especially children at risk. Her down-to-earth speaking style, practicality, sense of humor, and numerous stories and examples make her ideas clear and accessible to her audiences.

Jane is an award-winning author whose books include The Win-Win Classroom; Becoming a Win-Win Teacher; Managing 21st Century Classrooms; Creating Emotionally Safe Schools; High School’s Not Forever; Parents, Teens, & Boundaries; The Parent’s Little Book of Lists: Do’s and Don’ts of Effective Parenting; Mentors, Masters, and Mrs. McGregor: Stories of Teachers Making a Difference; and Magic, Miracles & Synchronicity: A Journal of Gratitude and Awareness. Dr. Bluestein’s latest book is The Perfection Deception: Why Trying to Be Perfect is Sabotaging Your Relationships, Making You Sick, and Holding Your Happiness Hostage.

Formerly a classroom teacher (in inner-city Pittsburgh, PA), crisis-intervention counselor, teacher training program coordinator, and volunteer with high-risk teens at a local Day Treatment Program, Dr. Bluestein currently heads Instructional Support Services, Inc., a consulting and resource firm in Albuquerque, New Mexico.

Does your school counseling program need fine-tuning to become a fearless program that truly shows how kids are positively impacted by what you do? Then this Saturday Institute session is for you! Bring your laptop, your school’s mission and vision statements (and your department’s, if you have them), any SIP goals you can find, and begin the process of transforming a “ho-hum” program into one that boasts progress, forward-thinking and proven success! This workshop will not be a “sit and get,” it will be a working session that will have you taking home building blocks for your program. Once you become fearless, life becomes limitless!
Name __________________________________________________________________________

School Name/Agency ____________________________________________________________

Address ________________________________________________________________________

Phone __________________________________________________________________________

Email Address ___________________________________________________________________

 Registration Fee:  ☐ $85 Non-Members  ☐ $60 Members
☐ Supporting Parents, Kids & Teachers  ☐ Creating Fearless School Counseling Programs

Please mail payment made payable to MSCA to:
Missouri School Counselor Association
PO Box 1573, Jefferson City, MO 65102

For questions, please contact the MSCA Office at 573-635-9109