

**Resilience and Psychological Flexibility  
For Students and Staff**

**February 7, 2022**

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**Presenter:** Dr. Michael Selbst, BCBA-D, Executive Director  
Behavior Therapy Associates

**Location:** Morris-Union Jointure Commission  
Professional Development Center  
340 Central Avenue, New Providence

**Time:** 9:00 a.m. to 3:00 p.m.

<b>Registration Fees:</b>	MUJC Members:	\$105.00
	Nonmembers with Subscription:	\$105.00
	Nonmembers:	\$125.00

When struggling with thoughts and feelings, negative self-statements, uncertainty about the future, and self-doubt can contribute to excessive worry, anxiety, fear, depression, frustration, etc. The consequence of this is that opportunities and events, such as friendships, academic success, advancement in the workplace, handling emotions effectively, problem-solving, and physical and emotional wellbeing, may be avoided. This in person inservice will include practical strategies to learning psychological flexibility and concrete strategies to help participants become more psychologically flexible and resilient and to allow them to turnkey these strategies for their colleagues and students. This inservice will incorporate videos and an interactive approach.

Participants will gain knowledge and skills in:

1. recognizing negative self-statements that may impact psychological flexibility,
2. describing the 4 parts of the ACT Matrix to help guide students to differentiate and sort behaviors,
3. listing components of a mindful action plan (MAP) instead of struggling with difficult emotions.

This inservice is in person from 9:00 a.m. to 3:00 p.m.