

Inside Job: Cognitive Behavioral Interventions for Educators

Presented by:
Tim Halphide, MA, LMFT
School Psychologist and Licensed Marriage and Family Therapist
Diagnostic Center South, California Department of Education

Treatment planning for students with emotional and behavioral disorders (EBDs) requires a comprehensive, systems-informed approach that extends beyond environmental modification. It also necessitates the direct instruction of strategies that enhance students' capacity for emotional self-regulation throughout the school day. Evidence-based cognitive behavioral interventions (CBIs) have traditionally been delivered within specialized educational settings. However, with thoughtful adaptation and scaffolding, many of these interventions can be effectively integrated into inclusive and general education environments. These strategies are designed to promote emotional resilience, adaptive problem-solving, stress reduction, and the cultivation of intrinsic motivation. This interactive, practice-based training equips educators and school-based clinicians with key CBI tools essential for the development of a structured, trauma-informed milieu. When aligned with students' external mental health supports, these strategies contribute to enhanced emotional stability, improved behavioral outcomes, and increased engagement in the academic environment

Intended Audience:

Special education teachers, school psychologists, administrators, Licensed Clinical Social Worker (LCSWs), Licensed Marriage and Family Therapist (LMFTs), Licensed Professional Clinical Counselor (LPCCs), clinical psychologists, Educationally Related Mental Health Services (ERMHS) staff or school counselors specifically designated to work with special needs students, behaviorists, and others who actively work with youth who have mental health concerns

Participants will:

1. Discover methods to cultivate student values that lead to action plans aimed at improving intrinsic motivation toward learning, participation, and the development of positive future outcomes.
2. Learn signs, symptoms, and remedies for educator stress, which commonly plays a role in student reactivity, and learn the secrets (and the power) of becoming a neutral provider.
3. Learn skill-based stress reduction and mindfulness methods to help students regulate and manage moods.
4. Learn to use a matrix that helps students quickly identify their needs and learn a simplified check-in/check-out system that can help foster awareness for monitoring moods, proper support, and timely intervention.

Date:

February 25, 2026

Time:

8:30 - 11:30 AM

-Registration begins at 8:00 AM
-Light breakfast will be provided

Location:

Huntington Beach Union High School District

Huntington Beach Room - located on the first floor

5832 Bolsa Ave.
Huntington Beach, CA 92649

**REGISTER
HERE**

Space is limited.
Registration limited to 30 attendees.

WOCCSE is an approved continuing education provider for school psychologists through the National Association of School Psychologists.

WOCCSE is an approved continuing education provider for speech-language pathologists through the State of California's Speech-Language Pathology and Hearing Aid Dispensers Board.