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Yuba County Special Education Local Plan Area **PROFESSIONAL DEVELOPMENT**

Silent Suffering: What to Know and What to Do for Students with Internalizing Disorders

PRESENTER: Kristin N. Moore, Psy.D., Clinical Psychologist
 Diagnostic Center of Northern California

INTENDED AUDIENCE: School Psychologists, School-Based
 Mental Health Professionals, Teachers (Counseling Enriched
 Classrooms)



WHEN:
 Friday, October 29, 2021
 8:00-9:30 am

WHERE:
 Online Virtual Training

COST:
 Free

Participants will:

- *Identify symptoms consistent with various internalizing disorders*
- *Learn best practices for assessing students who may present with an internalizing disorder*
- *Learn evidence-based interventions for working with students who have internalizing disorders*

It can be difficult to identify students who are struggling with an internalizing disorder. Internalizing disorders are so named because individuals rarely demonstrate overt behaviors that let others know they are in pain. The most common internalizing disorders are anxiety and depression; however, self-harm behavior and suicide are also important to consider. This training will highlight symptoms consistent with anxiety and depression and will provide information on how to assess for and treat such disorders. Strategies and recommendations for treatment will include evidence-based and best practice interventions.

Please register through the following website by October 28, 2021:

<https://www.eventbrite.com/e/silent-suffering-what-to-know-do-for-students-with-internalizing-behaviors-tickets-162097864075>