



PRESENTS:

Working With People: Gentle Teaching

Location: NeMCMHA 400 Johnson Street, Alpena, MI 49707
989-356-2161

Date: October 12, 2021 9 a.m. – 5 p.m.

This 6.5 continuing education credit in-person workshop will introduce attendees to a Culture of Gentleness and will provide the basics of providing positive supports through the important role of the helping professional. Foundational principles of developing and strengthening supportive relationships as a strategy to reduce challenges and build a foundation for growth and healing are explored. Emphasis is placed on elements that lead to others feeling safe and more valued, how one's trauma history can influence behavior, planning proactively to reduce stress, and the value of supporting all involved.

Target audience: Social Workers/Direct Care Staff/Case Managers/Behavioral Health Providers

Content level: Beginner

About the instructor Peggy Yachasz is a Licensed Bachelor Social Worker who has worked in the Behavioral Health system for 36 years promoting independence for persons with Intellectual/Developmental Disabilities. As a respected leader she is a member of both NeMCMHA's Management and Clinical Leadership teams. Peggy places a strong emphasis on the importance of training. She believes that ensuring that our social workers have access to fundamental educational opportunities will assist them as they support and guide the staff and individuals served. Assuring an understanding of the benefits of structure in a culture of gentleness will play a key role in the individual successes and contribute to ensuring individuals with disabilities can be as independent as possible.

Peggy has been a trainer for Working with People: Gentle Teaching since 2006 having trained well over 600 staff; Peggy has presented at various conferences including the Michigan Gentle Teaching conference 2016 and Gentle Teaching International Conference in 2011. In addition to being a trainer Peggy is a Licensed Bachelor Social Worker and holds a Bachelor degree in Management and Organizational Development from Spring Arbor University.

Who Should Attend: This in-person workshop is designed for Behavioral Health staff at all levels of experience and licensure to explore or gain a better working knowledge of Gentle Teaching.

Learning objectives

After attending this course, participants will be able to:

- 1. List 3 reasons building a circle of support is important**
- 2. Identify the 6 Elements of care giving**
- 3. List 3 strategies to decrease challenging behaviors**
- 4. Give examples of 4 observation techniques to determine if the 4 Pillars are in place**

Course Outline

8:30 Coffee & registration

9:00 a.m. – 12:00 p.m. and 1 p.m. – 5 p.m. Workshop (Lunch 12p-1p on own)

| | |
|-------------|--|
| 9-9:15 | Instructor Introduction/ice breaker |
| 9:15-9:30 | The Central Purpose |
| 9:30-9:45 | Our story/Michigan's History |
| 9:45-10 | Characteristics of Caregiver |
| 10-10:15 | Janet Before & After |
| 10:15-10:30 | What is a Culture of Gentleness |
| 10:30-10:45 | Break |
| 10:45-11:15 | Pillars/4 Tools/Building the Circle/Positive Interactions activity |
| 11:15-11:30 | Institution Video discussion |
| 11:30-11:45 | Histories and Memories |
| 11:45-12 | Companion assignments |
| 12-1 | Lunch |
| 1-2 | Worksheets/group activity |
| 2-2:30 | Challenging behaviors/structure/transitions/contingencies |
| 2:30-3 | Six Elements |
| 3-3:15 | Routine/Structure |
| 3:15-3:30 | Break |
| 3:30-4:15 | Dreams/Visions |
| 4:15-4:45 | I learned, I wonder, I feel |
| 4:45-5 | Commitment/evaluations/certificates |

Registration & info

There is no cost to NeMCMHA staff to attend this event) and coffee reception and certificate will be available. Register by Calling Genny Domke at 989-356-2161 and if you have questions, require more information, or need special accommodations.

Space is limited. Registration closes on October 11, 2021 Cancellation notice is appreciated

Course completion & CE info

Course completion requirements: Social Workers must attend the entire course and complete a course evaluation to earn CE credit. Certificates of completion will be distributed at conclusion of course pending submission of completed course evaluation.

NeMCMHA, Provider #1767, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit.

NeMCMHA maintains responsibility for this course. ACE provider approval period: 05/19/2021 - 05/19/2022.

Social Workers completing this course will receive 6.5 Social Work continuing education credits.

**For more information about NeMCMHA services and training opportunities
please visit: nemcmh.org**

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Working With People/Gentle Teaching Course Bibliography

Lindsay, D., & LeRoy, B. (2014). *Culture of Gentleness: A Promising Practice for Supporting Vulnerable Individuals*. <https://gentleteaching.com/wp-content/uploads/2019/12/Culture-of-Gentleness-A-Promising-Practice-for-Supporting-Vulnerable-People.pdf>

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Koyama, T., & Wang, H. T. (2011). Use of activity schedule to promote independent performance of individuals with autism and other intellectual disabilities: A review. In *Research in Developmental Disabilities*. <https://doi.org/10.1016/j.ridd.2011.05.003>

Sandjojo, J., Zedlitz, A. M. E. E., Gebhardt, W. A., Hoekman, J., Dusseldorp, E., den Haan, J. A., & Evers, A. W. M. (2018). Training staff to promote self-management in people with intellectual disabilities. *Journal of Applied Research in Intellectual Disabilities*. <https://doi.org/10.1111/jar.12440>

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