



NATIONAL CENTER for
YOUTH ISSUES

6101 Preservation Drive • Chattanooga, TN 37416 • www.ncyi.org

Speakers Bureau



Julia Taylor

SCHOOL COUNSELOR, AUTHOR AND SPEAKER

Dr. Julia Taylor is an Associate Professor of Counselor Education in the School of Education and Human Development at the University of Virginia and co-directs the Virginia Partnership for School Mental Health (VPSMH). The VPSMH is a statewide collaborative effort with the Virginia Department of Education aimed to recruit and retain school mental health professionals and improve evidence-based practices. Dr. Taylor's research, service, and advocacy efforts focus on (1) improving K-12 mental health service delivery, (2) effective data-based decision making, and (3) equity issues concerning the preparation, implementation, and evaluation of comprehensive school counseling programs.

Prior to academia, Dr. Taylor worked as a school counselor and dean of student services in a variety of K-12 settings. During this time she supervised school counselors-in-training, developed district-wide counseling curricula, served on school and district-level teams, and authored several counseling-related books. She frequently presents relevant topics (i.e., mental health literacy, body image, relational aggression, group counseling, comprehensive counseling services, etc.) to school counselors, administrators, educators, and parents at the local, state, and national level.

A BRIEF LOOK AT JULIA'S SESSIONS (continued on back)

Strengthening Sisterhood: Empowering Girls to Resist Societal Pressures, Fight Unrealistic Media Standards, and Develop a Healthy Body Image

Today's standards of beauty are unrealistic and unattainable. It's not a coincidence that body image disturbances are widespread, contagious, and toxic. Girls are inundated with confusing messages that often interfere with their ability to learn, lead, and develop authentic relationships. This keynote will address these important issues, with a focus on helping girls develop leadership skills to combat and revive a generation that has become exhausted by body bashing, social media saturation, and the myth of perfection.

Expected Session Outcomes

Participants will:

- have a clear understanding of body image, media literacy, and the pressures girls face on a daily basis.
- learn how to creatively assist girls and their families in developing leadership skills that promote a healthy and balanced life.
- learn specific counseling techniques to empower girls to rise above our cultural standards of success.
- learn tools to teach girls to assertively advocate for themselves.
- be provided with a plethora of resources that can easily be integrated into a comprehensive school counseling program.

Mental Health Literacy: Raising Awareness to Provoke Change.

Current research indicates that 1 in 5 students will experience a mental illness before the age of 25, with symptomology beginning during adolescence. The lifelong trajectories for these conditions can be greatly improved with early identification and intervention. School counselors are ideal to provide Tier 1 programming to reduce stigma, promote help-seeking behavior, and enhance mental health literacy for youth. This session will provide an overview of current research and best practices to address the topic, along with a plethora of suggestions and advocacy resources.

Expected Session Outcomes

Participants will:

- examine stigma-reducing strategies associated with mental health conditions.
- will learn how to improve help-seeking behavior among youth and bystanders.
- will understand early identification strategies to parents/caregivers, teachers, administration, and other educational stakeholders.
- learn how to utilize connections with community service boards and outside mental health providers.

Contact Robert Rabon at rrabon@ncyi.org or 423-309-4300 to engage Julia for your event

Recognizing and Responding to Trauma: An Introduction for School Counselors

A growing number of youth are impacted by trauma. As research continues to grow in this area, we understand more about the devastating consequences trauma has on childhood outcomes. It is imperative for school counselors to recognize, understand, and address the unique needs of this growing population. This session will provide an overview of trauma, cognitive and behavioral implications of trauma in youth, the impact on academic outcomes, and prevention and intervention strategies for educators and school counselors.

Expected Session Outcomes

Participants will:

- learn about the different types of trauma and the impact on youth.
- understand implications of the Adverse Childhood Experiences Study (ACES) on trauma-informed practices for youth.
- understand how trauma manifests in children and adolescents, including cognitive and behavioral responses.
- understand the impact of trauma on the brain.
- recognize different types of trauma and trauma responses in youth.
- will learn essential trauma-informed skills in schools and practice.

Self-Harm, Suicide & Social Media: Helping Students Ask for Help

We consistently hear that students who self-harm and contemplate suicide reach out to others on social media. Sometimes, school counselors are provided with screenshots or insight into this issue, with little ground for investigation (i.e., which student is it?). What is our role in prevention? How can school counselors intervene? This session will provide great insight into the darker side of social media, refresh our ethical standards, and engage participants in a collaborative discussion about how to help students help themselves and others.

Expected Session Outcomes

Participants will:

- learn about the social media sites where students often reach out for help and/or receive encouragement to continue down a destructive path.
- have a clear understanding of research outcomes regarding the connectedness students' feel online and hesitation for reaching out for help.
- will explore the wide-range of self-harming behavior and learn to better identify students who may need help.
- will learn about legal and ethical responsibilities regarding their professional role as it relates to self-harm and social media.
- will learn how to host a parent education evening regarding these sensitive topics.
- have a knowledge base regarding current research as it relates to students and social media use.

Counseling Techniques to Help Adolescent Girls Manage Relational Aggression

Navigating the cultural and social context of girl world is not a simple task. Relationally aggressive behavior is often prevalent during the tumultuous adolescent years, and intensified by the use social media. And while relational aggression in youth continues to receive national attention, resources that address this behavior remain scarce. This workshop will focus on the cultural context of relational aggression, current research including the role of bystanders, and prevention and intervention strategies to help girls manage this behavior.

Expected Session Outcomes

Participants will:

- understand the context of relational aggression and the myriad of ways girls engage in this behavior.
- learn about current research and evidence-based techniques to help adolescents cope with relational aggression.
- learn techniques to lesson relationally aggressive behaviors.
- understand bystander behavior.
- learn interactive and proactive prevention and intervention strategies.
- learn how to work with parents of girls who engage in, and are targets of relational aggression.

Using Root Cause Analysis to Disaggregate Data and make SMART Goals Smarter

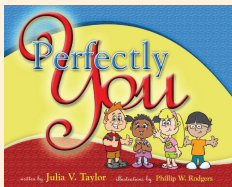
When constructing SMART goals, school counselors often have to look beyond the obvious to pinpoint problematic areas where they are most likely to impact student outcomes. Root Cause Analysis (RCA) is an effective analytical procedure designed to help individuals identify the primary cause of a problem. If the root cause of a problem is identified, interventions are more likely to be effective. Participants will learn how to perform a RCA, disaggregate report card data, identify potential causal factors to reoccurring problems, and design impactful SMART goals. Resources will be provided.

Expected Session Outcomes

Participants will:

- be able to describe the key principles of a Root Cause Analysis.
- learn how to disaggregate report card data in order to identify key problem areas the school counseling program is likely to impact.
- know how to apply the steps of a Root Cause Analysis to create SMART goals.
- understand the concepts of "locus of control" and "sphere of influence" as they relate to creating SMART goals.
- be able to differentiate between physical, human, and organizational causes of student concerns.
- learn how to design impactful SMART goals.

BY
JULIA TAYLOR



Perfectly You (Gr 2-5)

Perfectly You teaches young readers (and listeners) to accept themselves; treat one another with compassion; and embrace their uniqueness. It provides children with the message that character comes from within while focusing on the importance of self-acceptance, tolerance, and leading an overall healthy lifestyle. 32 pages.

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