

SCHOOL COUNSELORS: Better Support Students' Mental Health Needs



A Unique One-Day Live Online Seminar Presented by

Jennifer Rogers

Outstanding School Counselor and National Presenter

Specifically Designed for School Counselors Working With Students in Grades K-12: Elementary School Counselors, Middle School Counselors, High School Counselors, Program Specialists, School Psychologists, and Administrators

Highly practical strategies to better support students' mental health needs

Specific intervention strategies to address depression, anxiety, and disruptive behaviors

Practical proven tools that can help you improve the mental health of your students whether working one-on-one, in small groups or with whole classes

Receive an extensive digital resource handbook filled with dozens of valuable, ready-to-use interventions and prevention strategies that work

LIVE ONLINE SEMINARS

February 5

9 AM Eastern, 8 AM Central,
7 AM Mountain, 6 AM Pacific

February 12

9 AM Central, 8 AM Mountain,
7 AM Pacific, 10 AM Eastern

CEUs and Graduate Credit Available
See page 6 for details

CAN'T ATTEND?

Order the recorded version
and take the seminar online at
your convenience (see page 6)

*"She was very
knowledgeable and
great! Thank you!"*

— LINDSAY LANG, SCHOOL COUNSELOR

Ten Key Benefits of Attending

'There was a lot of beneficial information included in the seminar. I enjoyed having different diagnosis discussion and treatment options being discussed as part of this workshop as well.'

– LINDSEY METTILLE,
SCHOOL COUNSELOR



Who Should Attend

School Counselors Working With Students in Grades K-12: Elementary School Counselors, Middle School Counselors, High School Counselors, Program Specialists, School Psychologists, and Administrators

1. What Every School Counselor Should Know About Mental Health Issues in Schools

Learn how to more easily identify and respond to mental health needs ... Step-by-step practical strategies to strengthen your counseling program

2. Key Issues Impacting Student Mental Health – Depression, Anxiety and Disruptive Behaviors

Learn how you may be unintentionally reinforcing behaviors ... Walk away with ready-to-use solutions to more effectively address depression, anxiety and disruptive behaviors

3. Evidence-Based Strategies to Better Support Your Students

The best, high-yield practices ... Learn how to easily differentiate the behaviors and the techniques to work most effectively with your most challenging students

4. Better Supports for Responding to Secondary Trauma

Learn how secondary trauma impacts your work and how it impacts the mental health needs of your students ... Strategies for practical assessment and implementation of trauma-informed care

5. How to Develop Meaningful Guidance to Enhance Mental Health Literacy for Staff

Discover innovative counseling practices aligned with ASCA standards, best practices to build understanding of common mental health issues in our students and how educators can support their students ... Leave with tools to share with colleagues as you support each other in strengthening the mental health of your students

6. Boost the Well-Being of Your Students

Reach even your hardest-to-reach students ... Learn about the most crucial areas that help all your students

7. Practical Strategies to Increase the Effectiveness and Efficiency of Your Time With Students

Discover more effective prevention strategies that more positively impact students' mental health ... Decrease the behaviors that reduce your time with students that need you the most

8. Techniques for Short-Term Individual Counseling

Expand your repertoire of interventions and strategies designed specifically for the important work you do with individual students

9. Strengthen Peer and Adult Interactions and Reduce Conflicts

Identify key components to building more positive relationships ... Reduce conflicts with updated strategies for positively impacting all interactions

10. Receive an Extensive Digital Resource Handbook

Receive an extensive digital resource handbook filled with practical methods, ideas, and research-based strategies to use when supporting students' mental health needs

Outstanding Strategies You Can Use Immediately

What You Will Learn ...

- **Evidence-based counseling interventions** to address students' mental health needs
- How to **promote skill development** to help students manage their behaviors and reactions
- Strategies to help students better **understand and manage their emotions**
- **Effective strategies** for working with students using a trauma-sensitive lens
- **Innovative ways to support your students' mental health** needs through individual or group counseling, classroom lessons, or social-emotional learning programs
- Three **keys to developing positive relationships** with your students
- **Avoid student triggers** that exacerbate negative behaviors
- **Practical tools** to strengthen students' social-emotional skills, conflict resolution and problem-solving skills while building more positive relationships
- **Create a classroom environment** where students feel safer and more supported
- **De-escalate situations** calmly and respectfully through using active listening, validating students' emotions, and offering choices
- **Ideas and activities** to provide students with opportunities to collaborate and build



"This was one of the best seminars I have attended in a while. The presenter was highly qualified, knowledgeable, and engaging. I will highly recommend this seminar to my colleagues!"

– KRISTINE BUSHONG, SCHOOL COUNSELOR

Practical Ideas and Strategies

Do you feel overwhelmed with the mental health needs at your school? Do you feel that what you were trained to do and what you are doing day-to-day are vastly different? Are you finding it difficult to meet the needs of implementing direct and indirect student services to meet the various mental health needs of your students (and staff)? Would you like to find strategies that can be easily implemented into your school counselor program? If so, this seminar was designed for you. **JENNIFER ROGERS** is a highly recognized national presenter, author and counselor who has worked with developing programming to meet ALL of your students' needs.

With over 20 years of experience as a school counselor and national presenter, Jennifer brings specialized experience in developing and implementing behavioral and social emotional programming and support for schools. Jennifer is a Licensed Professional Counselor (LPC) who works in and out of schools to support the mental health needs of students through practical, proven strategies. Jennifer's extensive experience in K-12 districts brings to her seminars a realistic perspective for developing programs that provide prevention and intervention support for school counselors. You will receive the comprehensive digital resource handbook, filled with practical strategies, ideas, and tools you can use the very next day to enhance your programming and meet the needs of your students. You will leave this seminar re-energized, less stressed and ready to structure your program to meet the mental health needs of all students.



A Message From Seminar Leader, Jennifer Rogers

Uniquely Qualified Instructor

JENNIFER ROGERS is a highly experienced educator with over 20 years of experience working with challenging students in K-12 classrooms. Drawing on her experiences as a school counselor, Jen has spent countless hours working directly with students with mental health needs. She is the author of *Leading for Change Through Whole School Social-Emotional Learning: Strategies to Build a Positive School Culture* (Corwin), *The SEL Coach: Planning and Implementing Resources for Social Emotional Learning Leaders* (Corwin), *P.L.A.Y. (Prosocial/Peer Relational Learning Activities for Youth) Group: Group Counseling Interventions in School Settings* and author of *SCHOOL COUNSELORS: Better Support Students' Mental Health Needs*, the extensive digital resource handbook you will receive at the seminar. Jen's motivating seminar will not only inspire you but will give you the specific, proven strategies your most challenging students need. Because of her extensive background, she is able to offer dozens of practical and effective strategies that have worked for her and countless educators in both special and general education settings. You will leave this exciting seminar with the tools and information you need to improve the learning of all of your students, especially those challenged most by anger, anxiety or aggression.

Dear Colleague:

As a school counselor, I know firsthand how challenging our job has become because of the increase in mental health challenges our students are experiencing. My collaboration with school counselors like you, who are trying to support students who are struggling, led to the creation of this seminar.

Students who are struggling with their mental health may have difficulty regulating their emotions and behaviors. This can lead to disruptions in the classroom, as well as frustration and stress for teachers, students, and school counselors alike.

In this seminar, I will share practical techniques, strategies, and tips that you can immediately apply to improve the mental health of your students. I will also discuss how to create a more supportive and inclusive school environment for all students.

Here are just a few of the topics that will be covered:

- Understanding the different types of mental health challenges that students may face
- Identifying the signs and symptoms of mental health distress
- Developing strategies for supporting students' mental health in the classroom
- Creating a safe and supportive school environment
- Collaborating with parents and other professionals to support students' mental health needs

My goal for the day is for you to leave the seminar with a better understanding of how to support the mental health of your students and a toolkit of practical strategies that you can immediately put to use in your school.

Please join me to strengthen your toolkit, avoid common pitfalls, and leave with new resources. I am excited to help you create a more supportive and inclusive school environment for all of your students!

Sincerely,



Jennifer Rogers

P.S. You will leave this seminar with lots of practical ideas and an extensive digital resource handbook to help you implement the strategies as soon as you return to your school!

"I will share practical techniques, strategies, and tips that you can immediately apply to improve the mental health of your students."

What Your Colleagues Say About Jennifer Rogers

*"It was a great refresher! **It was helpful to learn new techniques and strategies for students.** It is also nice to connect with other counselors all over the US and hear firsthand what they are experiencing in their schools."*

– Dominica Johnson, School Counselor

*"Jennifer Rogers was so helpful and easy to learn from. She quickly established a comfortable setting on the Zoom and **had such a wealth of knowledge as it pertains to school counseling and interventions.** Lastly, I really appreciated how she acknowledged and held space for the struggles and difficulties of school counselors currently. I would definitely attend another seminar by her."*

– Josh Kreisman, School Counselor

*"I really **enjoyed how personable Jennifer** was and how she was able to explain this great and helpful information that she provided us!"*

– Francesca Pakulski, Elementary School Counselor



About BER Seminars

Outstanding Instructors

All programs are led by outstanding, top-rated BER national trainers.

Extensive Digital Resource Handbook

You'll receive an extensive digital Resource Handbook full of practical strategies and resources.

Highly Interactive

You'll be able to ask questions, consult with the instructor, and share ideas with other participants.

Program Guarantee

As we have for 48 years, we guarantee the high quality of our programs. If you are not satisfied, we'll give you a 100% refund.

Special Benefits of Attending



"This was extremely helpful!! I loved listening to everyone's stories, and being validated by everyone. I also loved the visuals/ videos and other information ... what a great seminar!"

– SARA LEEF, SCHOOL COUNSELOR

On-Site Training

Most BER seminars can be brought to your school or district in-person or online. See the options at www.ber.org/onsite or call 877-857-8964 to speak to one of our On-Site Training Consultants.

Extensive Digital Resource Handbook

Each participant will receive an extensive digital resource handbook giving you access to countless strategies. The handbook includes:

- Strategies for better supporting students' mental health needs, including those who are experiencing depression, anxiety or disruptive behaviors
- Teacher-tested, classroom-proven interventions
- Relationship building lessons to improve engagement and strengthen the mental health of your K-12 students
- Techniques for dealing with the increase in challenging mental health needs

Share Ideas with Other Educators

This seminar provides a wonderful opportunity for participants to share ideas with other educators interested in enhancing their students' mental health needs.

Consultation Available

Jennifer Rogers will be available for consultation regarding your questions and the unique needs of your own program.

Meet Inservice Requirements / Earn State CEUs

Participants of Live Online Seminars and those completing the Recorded Version online can receive a certificate of participation that may be used to verify five continuing education hours. For details about state CEUs available, visit www.ber.org/ceus

Earn One to Four Graduate Semester Credits



University of
Massachusetts
Global
A nonprofit affiliate

Up to four graduate-level professional development credits are available with an additional fee and completion of follow up practicum activities. Details may be found at www.ber.org/credit

Can't Attend?

Other Professional Development Options:



Recorded Version of the Seminar

Order the recorded version of this seminar to take online at your convenience. You'll have 90-day access to the entire course and to the extensive digital resource handbook. To enroll, see registration form on page 7, and for optional CEUs and graduate credit, please visit www.ber.org/credit



Related On-Demand Online Courses

BER offers educators a wide range of online courses that are affordable, fun, fast, and convenient. BER is now offering On-Demand Video-Based courses. You may earn optional graduate-level credits for most courses. See the catalog of available courses at www.ber.org/online

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Better Support Students' Mental Health Needs

Registration (YMR6W1)

- ☐ **1. February 5, 2026** (Start time: 9 AM Eastern)
- ☐ **2. February 12, 2026** (Start time: 9 AM Central)
- or—
- ☐ **3. I'd like to order the recorded version of this seminar**

FIRST NAME M.I. LAST NAME

POSITION, SUBJECT TAUGHT GRADE LEVEL

SEMINAR NUMBER: _____ (Please see list above)

List additional registrants on a copy of this form

SCHOOL NAME

SCHOOL MAILING ADDRESS

CITY & STATE ZIP CODE

SCHOOL PHONE NUMBER HOME PHONE NUMBER

() ()

Registration confirmations and login details are sent via e-mail

E-MAIL ADDRESS (REQUIRED FOR EACH REGISTRANT)

HOME MAILING ADDRESS

CITY & STATE ZIP CODE

IMPORTANT – PRIORITY ID CODE: EYMR6W1

METHOD OF PAYMENT – Team Discount Available

The registration fee is \$295 per person;
for teams of three or more registering at the same time, the fee is \$275
per person. **Payment is due prior to the program.** No cash, please.

- ☐ A check (payable to **Bureau of Education & Research**) is attached
- ☐ A purchase order is attached, P.O. # _____
(Be sure to include priority ID code on the P.O.)
- ☐ Charge my: ☐ MasterCard ☐ VISA ☐ Discover

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MO/YR

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(Found on back of card)

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FIVE EASY WAYS TO REGISTER:

 **SCAN QR code or visit:**
at.ber.org/regYMR



@ **EMAIL this form to: register@ber.org**

 **PHONE toll-free: 1-800-735-3503**
(Weekdays 5:30 am - 5:00 pm Pacific Time)

 **FAX this form to: 1-425-453-1134**

 **MAIL this form to: Bureau of Education & Research**
915 118th Avenue SE • PO Box 96068
Bellevue, WA 98009-9668

Program Hours

All **Live Online Seminars** are scheduled 9:00 AM – 3:30 PM in the time zone indicated. Check in 15 minutes prior. Registrants will be sent login information by email four days before their Live Online Seminar.

Fee

The registration fee is \$295 per person; \$275 per person for groups of three or more registering at the same time. Call us at 1-800-735-3503 for groups of ten or more. **Payment is due prior to the program.**

Fee includes seminar registration, a certificate of participation and an extensive digital resource handbook. The fee is the same for Live Online Seminars or Recorded Seminars.

WA residents: visit www.dor.wa.gov/TaxRateLookup to find your required WA sales tax rate.

Cancellation/Substitutions

100% of your paid registration fee will be refunded if you can't attend and notify us at least 10 days before the seminar. Late cancellations made prior to the event date will be refunded less a \$15 service fee. Substitutions may be made at any time without charge.

Program Guarantee

We stand behind the high quality of our programs by providing the following unconditional guarantee: If you are not satisfied with this program, we'll give you a 100% refund of your registration fee.

Further Questions

Call the Bureau of Education & Research (800) 735-3503 or visit us online at **www.ber.org**



YMR6W1

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Includes an extensive digital Resource Handbook

**Can't Attend Live? Order the Recorded Version
to access online at your convenience**

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Recorded Version**



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