

**Maple Ridge Teachers' Association
Memorandum**

To: Pro-D Reps

From: Pro-D Committee

Date: October 16, 2020

Topic: Pro-D 2020/21 Activity Calendar-Issue #1



Dear Pro-D Reps,

Here is an excerpt from the BCTF PD Calendar. Please share with all teachers at your school.

BCTF PD Calendar Pro-D Opportunities

November 2020

November 5 Online. Harm Reduction-A Framework for Change, Choice, and Control

Harm reduction is an approach to help people explore their relationship with substances and behaviours. It works to reduce and mitigate damage and pain, and offers strategies to increase and promote safety, choice, and control. Harm reduction moves away from traditional understandings of "addiction" as a disease, and responses that are based on assumed morality and abstinence, or fear and punishment. This workshop explores the principles of harm reduction, how it works, and to whom it may apply. Participants will learn practical strategies for working with individuals, families, and communities within a harm reduction framework. This training will also explore how these concepts can be used in policy, procedure, and practice. This is an interactive online workshop hosted by the Crisis and Trauma Resource Institute. For more information or to register, please visit <https://ca.ctrinstitute.com/workshops/live-virtualharm-reduction-11-5/>

November 18 - 19 Online. Autism-Strategies for Self-Regulation, Learning, and Challenging Behaviours (Live Online workshop)

Working with individuals who have autism can be a very meaningful experience, but it is not without its challenges. With recent reports indicating that an increasing number of individuals are on the autism spectrum, a greater number of care providers are encountering individuals with autism as part of their work and life. While every person with autism is unique, many face similar challenges. The primary focus of this workshop is to provide practical strategies for working with high-need individuals around self-regulation, learning practices, and challenging behaviours. Participants will review a behavioural framework to provide effective strategies for each of these areas, which they will be able to adapt to their own specific environment and context. This is an interactive online workshop hosted by

the Crisis and Trauma Resource Institute. For more information or to register, please visit <https://ca.ctrinstitute.com/workshops/live-virtual-autism11-18/>

November 23 - 24 Online. Gender and Sexual Diversity in Youth

Gender and sexuality are central features of identity development in adolescence. When a person's internal experience of gender and/or sexuality does not match what would typically be expected of them based on their external appearance, it can cause great distress and difficulty. This workshop will show helpers how to best support youth in these situations. Participants will develop an awareness and understanding of what this experience can be like, enabling them to create more accessible and welcoming environments for lesbian, gay, bisexual, transgender, two spirit, queer, and all individuals expressing the diversity of sexuality and gender. This is an interactive online event hosted by the Crisis and Trauma Resource Institute. For more information or to register, please visit <https://ca.ctrinstitute.com/workshops/live-virtual-gender-and-sexual-diversity-in-youth11-23/>

November 30 - December 1, Online. Self-Injury Behaviour in Youth-Issues and Strategies (Live Online workshop)

Self-injury refers to deliberate, self-inflicted tissue damage such as cutting or burning. Self-injury has reached alarming proportions among our youth; studies show that 14-24% of adolescents and young adults have engaged in this behaviour at least once, with a quarter of these reporting current, chronic self-injury. Helpers are increasingly encountering young people who are involved with self-injury. This workshop will assist participants in understanding the experience and motivations of adolescents who intentionally injure themselves. In addition, practical strategies for working with youth struggling with this complex issue will be presented. Participants of this training will increase their insight regarding self-injury behaviour in youth and be provided with a framework for effective intervention. This is an interactive online workshop hosted by the Crisis and Trauma Resource Institute. For more information or to register, please visit <https://ca.ctrinstitute.com/workshops/live-virtual-self-injury-behaviour-in-youth11-30/>

Thanks, the MRTA Pro-D Committee (c/o MRTA office-604-467-2111)

/em &kd

October 2020

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Pro-D Reps/Bulletins & Memos/HD