



**SHEPARD**  
8 Columbia St • Morristown, NJ 07960 • Tel: (973) 984-1000 • Fax: (973) 984-9722  
2 Miller Road • Kinnelon, NJ 07405 • Tel: (973) 850-6130 • Fax: (973) 850-6130



2018-2019  
PROFESSIONAL WORKSHOP  
SERIES

*Free Half-Day Workshops  
held at our Elementary - Middle School  
2 Miller Rd., Kinnelon, NJ 07405*

*Special focus on evidence-based  
strategies for addressing challenging  
behaviors*

*Now taking registrations for  
Workshop #1  
Friday October 26, 2018  
8:30 am -12:00 pm*

**Topic:** Growth Mindset interventions to  
promote resiliency and self-regulation for  
special education students

**Presenter:** Dr. Michael Zito, Ph.D.  
Licensed Psychologist

**Who Should Participate?**  
Child Study Team Members, Counselors,  
Regular & Special Education Teachers,  
Speech-Language Therapists, Principals, School Nurses

**\*Professional Development Hours Provided**  
**\*Breakfast Provided**

## REGISTRATION INFORMATION

### SHEPARD SCHOOLS 2018-2019 PROFESSIONAL WORKSHOP SERIES Special Focus on Challenging Behaviors

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Workshop #1*

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resiliency and self-regulation for special education  
students

*Presenter:* Dr. Michael Zito, Ph.D.  
Licensed Psychologist

#### **COST**

There is no cost for attending the workshops.

#### **REGISTRATION**

To register please e-mail the following information  
to: [khaber@shepardschools.org](mailto:khaber@shepardschools.org)

- *Name of Participant*
- *School District*
- *Discipline*
- *Address*
- *Phone Number and E-mail*

*You will receive a registration confirmation  
e-mail back. Please print that e-mail out and bring it  
to the workshop as your ticket.*

Also, please note that only four people  
per district may register.

For more information about the workshops please contact Teri  
Schafer at Shepard Schools at 973 984-1600

*In case of inclement weather please call us or check our website  
for more information.*

## WORKSHOP INFORMATION

**Date:** Friday October 26, 2018

**Location:** Shepard School  
2 Miller Rd., Kinnelon, NJ 07405

**Topic:** Growth Mindset interventions to promote resiliency and self-regulation for special education students

**Presenter:** Dr. Michael Zito, Ph.D.  
Licensed Psychologist

**Overview:** This workshop will emphasize how the Growth Mindset can be utilized to promote resiliency and improve self-regulation with special education students in grades K-12. One of the key elements of the Growth Mindset is that life experiences are teachable moments for skill development. Skills and abilities can be improved through optimistic effort and reframing mistakes as learning experiences. After highlighting other key elements of the Growth Mindset, this workshop will focus on interventions to develop skills for managing anxiety, anger and depression. Small group case discussions will be used to facilitate an applied understanding of the interventions.

**About the Presenter: Dr. Michael Zito, Ph.D.**  
Michael D. Zito, Ph.D., is a Licensed Psychologist who began his career as a Certified School Psychologist in 1983. Dr. Zito received his Ph.D. in Marriage and Family Counseling at Seton Hall University. In his clinical practice, he provides individual, marital, and family therapy and assessments to children, adolescents and adults. In addition to his clinical work, Dr. Zito provides sport psychology services to Olympic, elite, collegiate, high school and youth athletes. Dr. Zito has several publications that include a chapter on ADHD and an article on "Resolving Diagnostic Confusion between Pediatric Bipolar and Attention Deficit Hyperactivity Disorder." He is currently president of the Morris County Psychological Association. Dr. Zito has been an Adjunct Faculty member at the Graduate and Undergraduate levels at Montclair State University since 2004 and has taught graduate classes at College of Saint Elizabeth.

## WORKSHOP SCHEDULE

Friday October 26, 2018

- 8:30am - Registration and Breakfast
- 9:00am - Welcome and Introduction  
Grace Zambelli, Ph.D.  
School Psychologist, Shepard Schools
- 9:15am - Workshop Presentation
- 10:30am - Break
- 10:45am - Workshop Presentation (cont...)
- 11:50am - Final Remarks
- 12:00pm - End of Workshop



### SHEPARD SCHOOLS

Shepard School  
2 Miller Rd Kinnelon, NJ 07405  
&  
Shepard Preparatory High School  
8 Columba St Morristown, NJ 07960

Tel: (973) 984-1600  
Fax: (973) 984-9722  
[www.shepardschools.org](http://www.shepardschools.org)

## ABOUT SHEPARD SCHOOLS

**Shepard Schools** are NJ state-approved private school programs for classified students with behavioral and/or learning problems. We service students in elementary, middle and high school. We have locations in Kinnelon, NJ and Morristown, NJ. Our current enrollment is comprised of over 120 school age children.



**Shepard offers a wide range of programs and services including:**

- Differentiated instruction as per IEP mandates
- Elementary School, Middle School, College Preparatory, and AP Curriculums
- Evidenced based Social-Behavioral Program (Wolf Program®)
- Vocational-transition curriculum, job sampling/coaching
- Academic support including supplemental instruction (i.e. reading instruction with Wilson Program, etc.)
- Counseling services and crisis intervention
- Occupational Therapy and Speech/Language Therapy
- After-school Program
- Weekly parent contact
- Family skills groups
- Participation in clubs, assemblies, special activities
- Psychiatric and psycho-educational assessment
- Functional behavioral assessment and behavior plans
- On site HSPA, SAT and ACT administration
- Extended School Year Summer Program

