

TEACHER MENTAL HEALTH 2022:

ELEMENTARY

'SAMPLE' (5/29 SLIDES)



- WEBINAR²:

* STRESS MANAGEMENT
PRACTICES

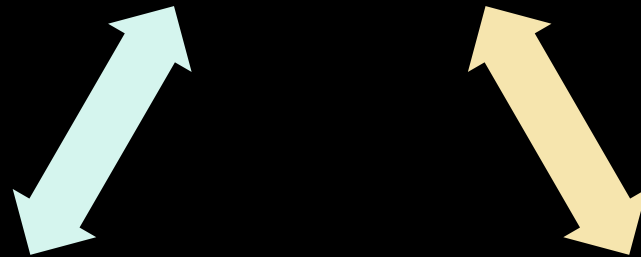
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Consultant

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MENTAL HEALTH WEBINAR SERIES

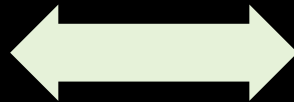
WEBINAR # 1:

- * INTRODUCTION
- * ETIOLOGY



3

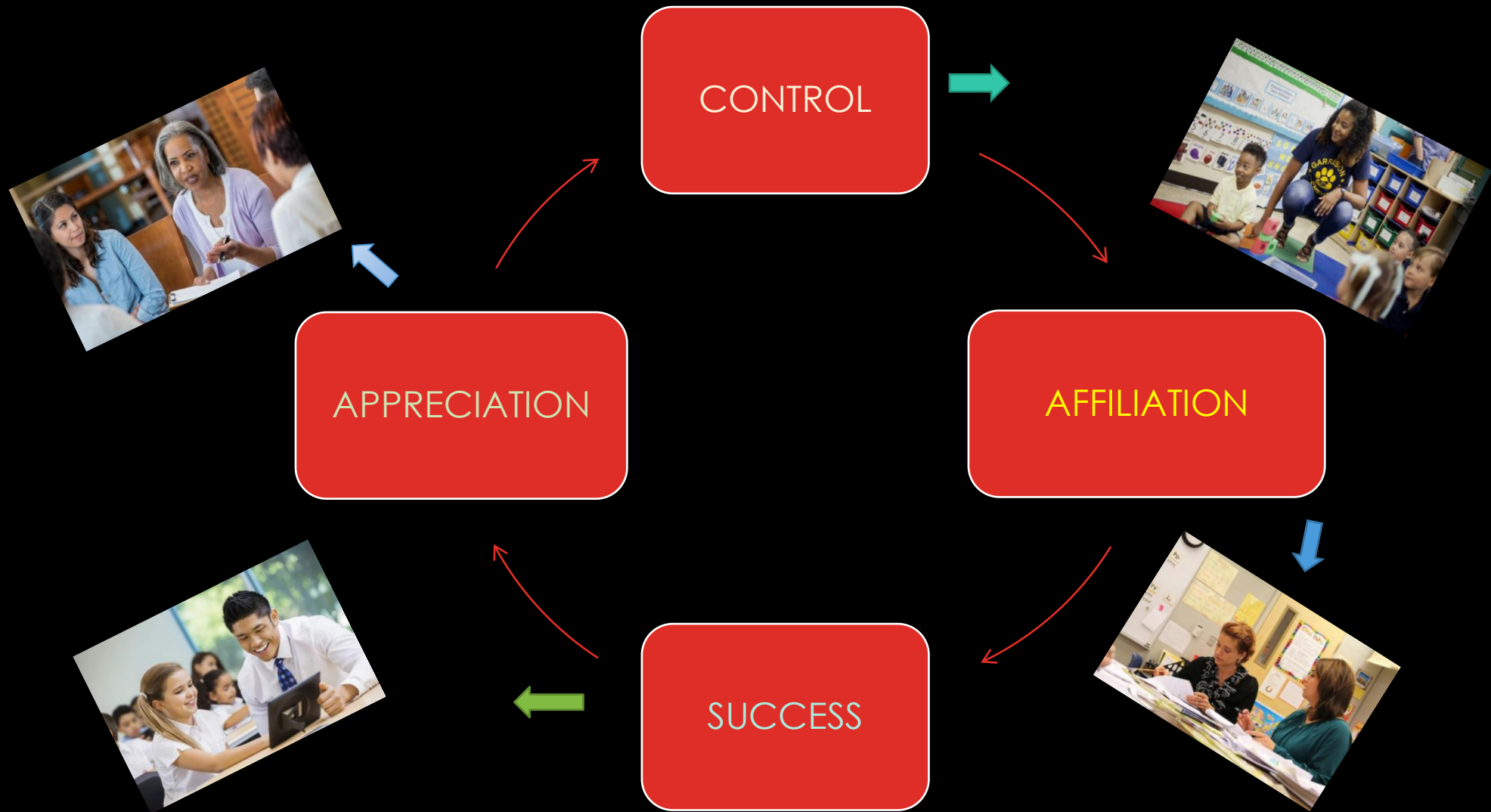
PREVENTATIVE
PROGRAMMING



2

STRESS
MANAGEMENT

REFERENT POWER



REFERENT POWER (3)

3rd grade 'math' / N = 18/ 3 sped

students' needs:

- > socializing
- > 1:1 attention
- > work avoidance
- > approval

(stressors)



teacher's needs:

- > compliance (*control*)
- > group instruction (*success*)
- > staying on task (*control*)
- > compliments (*appreciation*)

'NEGATIVE' ATTRIBUTES

- Minimize personality traits that **negate** 'attractiveness,' contributing to complications with referent power needs.
- Identify three (3) primary negative tendencies correlated with referent power needs.
- Be specific. Cite examples linked to referent power requirements.
 - ex: "Your misbehavior is disrupting my instruction." (*frustration/control*)
 - "It's disappointing when you reject my assistance." (*defeat/affiliation*)
 - "Our class has failed the last three quizzes." (*deflation/success*)
 - "Ignoring my ideas is upsetting." (*rejection/appreciation*)