

Battling School Anxiety, Strategies for a Successful Transition to In-Person Learning



After months of virtual and hybrid learning due to COVID-19, some students are anxious about returning to in-person school this fall. BPA Health will be offering a free webinar for counselors on strategies to use with youth and parents to help reduce this anxiety and prepare for school this fall. One free CE!

Learning Objectives:

Upon completion of the webinar, participants will be able to:

- Explain the importance of self-care
- Identify typical student reactions due to COVID-19
- Learn strategies to support anxious clients in returning to in-person school

Speaker: Holly Lacey, LPC – Holly graduated from Idaho State University with her Bachelor of Science in Psychology in May 2008, Master of Counseling degree in May 2010, and certification in Educational Administration in May 2014. Presently, she works as a school counselor in Idaho. She has been a school counselor for the last nine years and additionally, has experience at the college level as an admissions and mental health counselor. Holly also works for the Idaho Lives Project and BPA Health as a clinical case manager and holds the position of vice-chair for the Behavioral Health Board in her region.



Date and Time:

July 1, 2021

11:00 a.m. – 12:00 p.m. MST

1.0 CE Hour!

- This webinar has been approved by BPA Health as a NBCC Approved Continuing Education Provider.
- No CEs will be awarded for partial attendance or those logging in with someone else's log-in information.



BPA Health has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6910. Programs that do not qualify for NBCC credit are clearly identified. BPA Health is solely responsible for all aspects of the

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