



NATIONAL CENTER for
YOUTH ISSUES

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Speakers Bureau

Raychelle Cassada Lohmann

COUNSELOR, AUTHOR AND SPEAKER



Raychelle Cassada Lohmann, Ph.D., LCMHCS, ACS, GCDF, is a professional counselor and international author of numerous books, including *The Anger Workbook for Teens*, *The Bullying Workbook for Teens* and *The Sexual Trauma Workbook for Teen Girls*. Her works have been translated in over six different languages. Raychelle has expertise in a wide range of issues affecting adolescents, from anger and aggression to anxiety and depression to sexual abuse and bullying. She also writes the *Teen Angst* blog for Psychology Today.

Raychelle attended North Carolina State University, where she received her B.A. in psychology, her M.S. in counselor education and her Ph.D. in counseling and counselor education. With over 20 years in the counseling profession, Raychelle has devoted much of her time to working with children, adolescents, parents and educators. She is passionate about what she does and strives to live out her personal mission statement of "helping others transform their lives from the inside out."

A BRIEF LOOK AT RAYCHELLE'S SESSIONS (continued on the back)

Anger and Aggression in Childhood and Adolescence

Anger is perhaps one of our most misunderstood emotions. Although it serves a purpose in our lives, it can also be destructive and problematic, especially to youth. A lot of young people struggle with difficult emotions like anger, but if their anger is taking a toll on their emotional, social, and academic wellbeing, then it is time to help them learn how to deal with the troublesome emotion without losing their temper. Together, anger and aggression can create a perfect storm leading to trouble and undesirable consequences. In this presentation, attendees will learn about the relationships between anger and aggression and help youth develop healthy strategies to cope with anger and regain control over their emotions and behaviors.

Addressing the Needs of Young People Today

Each generation is shaped by the history of time. Today's youth know firsthand about pandemics, recessions, mass shootings and acts of terrorism. Unfortunately, this generation understands their sense of security can instantly vanish. Due to changing times, many young people have concerning emotional/social and behavioral challenges. This presentation will highlight top issues facing young people and will equip frontline workers with essential knowledge to help youth become resilient and stronger in the face of adversity.

Back to the Basics: Practicing Self-care and Preventing Burnout (for the Professionals)

Sometimes as counselors, we get so wrapped up on theory, techniques, and evidence-based approaches that we often miss out on the fundamental things that can also help our clients. This presentation will examine the importance of professional self-care with a focus on total wellbeing. Specific attention will be placed on the importance of nutrition, rest, and exercise.

Contact Robert Rabon at rrabon@ncyi.org or 423-309-4300 to engage Raychelle for your event

Breaking the Silence on Teen Suicide

This workshop is designed to integrate strategies and techniques to understand the powerful thoughts behind teen suicide. Participants will learn up-to-date information on the prevalence, warning signs and preventative measures to take to help youth break the silence and seek help. Information on distinguishing facts from myths, identifying risk factors and warning signs, and devising therapeutic treatment plan will be provided.

Building Social and Emotional Resilience Through Relevant, Applicable and Practical (RAP) Strategies

This presentation will incorporate interactive activities and technology to expand upon ways to help youth cope with social/emotional and behavioral challenges. Topics such as coping with grief, anger, anxiety, depression, self-harm, suicidal behaviors, and substance use (including vaping) will be addressed. This deep exploration will provide opportunities for learning and engaging in relevant, applicable, and practical (RAP) skills to use with troubled youth in any setting.

Inside the World of Bullying

Participants will walk through the world of bullying and engage in an interactive session intertwined with practice evidence-based techniques to help both the child being bullied and the child who is engaging in bullying behavior. Technological advancements and the world of cyberbullying will be discussed. Social media sites and common apps used to bully will also be explored, as well as sexting and how it too may become a platform for online bullying/harassment.

Meeting Your Child's Emotional Needs: Building Resilience and Thriving During Stressful Times (for the Parents)

In this presentation parents will learn practical ways to directly understand and meet their child's needs. Being a parent is not easy. In a recent survey, 88% of parents said being a parent is harder than ever before. In a fast-paced, evolving world, it is hard to keep up with changes, let alone how those changes affect our kids. This engaging presentation delves into the common issues and concerning trends of today's youth. Additionally, parents will discover innovative ways that they can connect with their kid all while maintaining their own sanity.

More than Their Scores: Tackling Test Anxiety with Our Youth

The presentation will address developmentally appropriate test anxiety reduction interventions across elementary, middle school and high school grade levels. The purpose of the presentation is to provide practical and relevant tips to educators working with academically anxious youth including a.) applicable takeaways/strategies b.) preventative behavioral evidence-based emotional regulation coping skills that are grounded in mindfulness and c.) practical ways to help academically anxious youth shift from a fixed to a growth mindset when performing under pressure.

Redefining Normal: Responding to Youth Challenges and Building Resilience

The pandemic has redefined our concept of normal. Although the scope of change may not be known for years to come, conceivably, our youth have endured the most angst. Students need support and services to help them transition back to everyday life. School counselors can assist with the adjustment and acclimation process while assessing for mental health concerns. In this presentation, you will learn strategies to help your students thrive academically, socially, and emotionally.

Understanding Youth Anger Through a Multicultural Lens

Anger is a common reason for youth mental health referrals. Problematic anger has been associated with academic, interpersonal, and mental health issues. Often, students get blamed for their anger, but the source may lie within systemic and contextual issues. In this session, school counselors will explore ways to design culturally diverse programs to address problematic anger and increase healthy student outcomes while promoting an environment of awareness, acceptance, and inclusivity.
