



**Onsite Professional Development  
for School Counselors,  
Administrators, Parents, & Other  
Educators**

**Russell A. Sabella, Ph.D.**

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# SABELLA

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My guess is that you sometimes find it difficult to bring your school counselors professional development that is meaningful, relevant, and practical. Trainers need to understand the issues that school counselors face today and how, as a profession, we need to advance (e.g., the ASCA National Model for comprehensive programs).

You may already know that Dr. Russell Sabella is someone who has already helped school counselors and others to develop comprehensive school counseling programs and be even more effective and efficient at helping kids succeed. Although Dr. Sabella's work has included many areas of knowledge, skills, and dispositions, his top six (6) training opportunities are described below. Each workshop can be customized to fit your needs. The cost of each workshop starts at \$800 and depends on location, duration, the number of participants, and objectives. Some districts have opted for the "Trio Package" which includes the ASCA Model Training, Solution Focused Brief Counseling, and Data Boot Camp training over two to three days as part of an in-service or academy.



To book one or more of these workshops, contact Dr. Sabella directly (please allow 3-5 weeks to schedule training).

A handwritten signature in black ink that reads "Russell Sabella". The signature is fluid and cursive.

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# PROFESSIONAL DEVELOPMENT FOR SCHOOL COUNSELORS AND OTHER EDUCATORS

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## 1

### ***Solution Focused Brief Counseling and Parent Consultation***

This experiential workshop is designed for both beginning and experienced school counselors, mental health counselors, social workers, psychologists, educators, other human service professionals, and educators who want to learn an innovative approach to empower their students to recognize and apply their resources. This model uses a systematic, five-step approach in which students/parents focus on solutions rather than problems. They are encouraged to think about times when their problems did not exist, and how these times contributed to the absence of the problem, and how to recreate such circumstances in their present situations. Focus is on the students/parents strengths and abilities rather than their weaknesses. Solutions are derived by the students/parents themselves and therefore not only are they more involved in their success, but the solutions fit their unique lifestyles. Finally, because they find their own solutions that work, often self-esteem is increased. With this emphasis of counseling on solutions rather than problems, counseling becomes brief.



Through a combination of discussion, video cases, handouts, practice exercises, and role plays, participants should be able to:

- Identify the major principles of Solution-Focused Brief Counseling and Consultation (SFBC).

- Help students/parents identify and move toward solutions to reach their goals.
- Use innovative Solution-Focused Brief Counseling assessment and interview methods that initiate change in the first interview.
- Implement the five-step Solution-Focused Brief Counseling change process.
- Learn how to facilitate positive change among the client's stake holders (e.g., teachers, parents, and friends) as a result of the client's progress.
- Integrate other delivery methods such as guided imagery and fantasy using the SFBC model.
- Understand how the SFBC model can be applied to other areas such as consulting, career planning, parenting, and teaching.
- Learn about resources, including web sites, for further SFBC professional development.



## ***ASCA National Model™ Training***

The ASCA National Model is changing the way comprehensive school counseling programs are delivered throughout the country. This hands-on workshop explores the components of the ASCA National Model and helps participants develop school counseling programs that show how students are different as a result of the school counseling program.



Additional topics include:

- The appropriate use of a school counselor's time
- The use of data to make school counseling program decisions
- Developing and disseminating multimedia accountability reports
- Appropriate technology tools for advancing your goals
- A three year plan towards developing a comprehensive program.
- Examples from national award winning programs

Participants leave the workshop with a management agreement and several action plans ready for implementation in their school.

# 3

## ***Technology Tips, Tricks, and Shortcuts for Educators***

Learn about the most powerful features of various applications including word processing, spreadsheet, multimedia, and Internet. Dr. Sabella will share his most coveted tips, tricks, and short cuts to help you become more effective, efficient, and have more fun in your work! Lots of handouts and time for questions and answers. This workshop is conducted in a computer lab or with laptops so participants can gain valuable hands-on practice. Each participant receives two CD's filled with resources, video tutorials, entire books, templates, and more!



### **Sample Objectives**

#### **Word Processing**

- Merge
- Tables
- Tracking/Highlighting/
- Comments with Sound
- Autotext/Autocorrect

#### **Data**

- The Nature of spreadsheets
- Importing/Exporting
- Sorting and filtering data
- Data Snooping
- Basic analysis (e.g., pre/post)
- Charts
- Multimedia Reports

#### **Internet Browser**

- Search techniques
- Finding specific file types (e.g., PowerPoint and PDF files)
- Searching within site and page
- “Speed dialing” websites
- Using plug-ins (e.g., Google Toolbar)

#### **PowerPoint**

- Using animated graphics
- Including sound and movies
- Colorful text art
- Photo show

# 4

## ***Guarding Kids Against High Tech Trouble (Technology Safety)***

The goal of this seminar is to alert parents, educators and other caretakers about the dangers that technology poses to children and to give them tools they can readily use to keep kids safe and away from high tech trouble. The workshop covers topics such as:

- Social networks (e.g., Myspace.com)
- Sexual predators
- Threats to privacy such as online diaries/blogs
- Cyberbullying
- Inappropriate web sites and other materials
- Inappropriate use of gadgets such as cell phones, mp3 players, game appliances
- Electronic communication such as e-mail, instant messaging, chatrooms ms and bulletin boards.



Visit <http://www.schoolcounselor.com/safety> for more details.

# 5

## ***Cyberbullying***

Cyberbullying involves the use of information and communication technologies to support deliberate, repeated, and hostile behavior by an individual or group, with the intention of harming others. The technology used includes e-mail, message boards, blogs, instant messaging, cell phone, text messaging, defamatory personal Web sites and/or online personal polling Web sites. Frequently, media such as sounds, text, video, altered graphics, and photos are incorporated into the piece to add to the attacks. This workshop endeavors to help you understand the nature of cyber bullying and provides helpful tips for prevention and intervention among both bullies and victims. You can preview a comprehensive PowerPoint presentation at [www.schoolcounselor.com/safety](http://www.schoolcounselor.com/safety).



# 6

## ***The Data Boot Camp for School Counselors and Administrators***

The Data Boot Camp for School Counselors is designed to advance technological literacy among counselors in a useful and practical manner. Particular attention is given to using Microsoft Excel™ to make data an important part of your comprehensive school counseling program. From data-driven decision making, to monitoring progress, to reporting the positive impact you're having on kids -- this workshop will demystify how it's done. Workshop content is pre-planned although flexible enough to meet individuals' specific technological training needs. This workshop is conducted in a computer lab or with laptops so participants can gain valuable hands-on practice. Visit <http://www.schoolcounselor.com/store/data-bootcamp.htm> for a complete list of objectives.



***Dr. Sabella has trained thousands of counselors throughout the country.***

## *ABOUT THE TRAINER ...*

Dr. Russell A. Sabella is Professor of counseling in the College of Education, Florida Gulf Coast University and President of Sabella & Associates, LLC, an educational training, consulting, and development firm. His concentration of research, training, and publication includes:

- ✓ individual and group counseling
- ✓ counseling technology & tech-literacy
- ✓ technology safety and security
- ✓ comprehensive school counseling programs
- ✓ peer helper programs and training
- ✓ sexual harassment risk reduction
- ✓ solution focused brief counseling/consultation
- ✓ solution focused leadership and organizational development

Russ is author of various articles in journals, magazines, and newsletters. He is co-author of two books entitled Confronting Sexual Harassment: Learning Activities for Teens (Educational Media; 1995) and Counseling in the 21st Century: Using Technology to Improve Practice (American Counseling Association; 2004). He is also author of the popular SchoolCounselor.com: A Friendly and Practical Guide to the World Wide Web (2nd edition; Educational Media; 2003), GuardingKids.com A Practical Guide to Keeping Kids Out of High-Tech Trouble (2008, Educational Media Corporation) , editor of School Counseling Principles: Foundations and Basics, and well-known for his Technology Boot Camp for Counselor workshops conducted throughout the country.

Russ has trained and consulted with thousands of school counselors, educators, parents, and organizational leaders throughout the country. He is also past President (2003-2004) of the American School Counselor Association. Download Dr. Sabella's Comprehensive Vita at [http://www.schoolcounselor.com/sabella\\_vita.pdf](http://www.schoolcounselor.com/sabella_vita.pdf)

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