



JAMES LEVINE & ASSOCIATES, P.C.

An innovative consultation & psychotherapy company

The JLA Bullying Prevention and Skills Training Program

The JLA Bullying Prevention and Skills Training Program - Modules I, II, and III

Training Level: Level 1
Times: 1 Day Intensive Training module for all three levels
Suggested Audience: Teachers, School Counseling Staff and School Administrators

Instructor/Trainer: Alison Berman, LICSW

Program Overview:

The JLA Bullying Prevention Program is a comprehensive, multilevel, school-wide program designed to reduce and prevent bullying among students. This program is qualified for all grade levels, addressing the needs of school, the classroom and the individual, with particular effectiveness at the elementary school level.

To successfully meet the training needs of workshop participants this training program is designed as three key training modules. Depending upon the skill level, individually and school-wide, participants can selectively choose to attend individual modules or choose to participate in our comprehensive training package (Module I, Module II and Module III.)

The JLA Bullying Prevention and Skills Training Program: Staff Development Training - Module I

Training Level: Level 1
Times: 1 Day Intensive
Suggested Audience: Teachers, School Counseling Staff and School Administrators

Instructor/Trainer: Alison Berman, LICSW

Module I - participants will explore educational tools, activities, projects and techniques to integrate into classroom curriculum that will effectively address bullying. Ms. Berman uses a hands-on approach with workshop participants as she guides the class through experimental activities and constructive exercises to use with children's groups. Additionally, this training will include best practices of designing groups for specific populations; how to run groups; interventions to use in groups; clinical training on group work; how to best process and debrief activities successfully; problem solving techniques; identifying issues around bullying with practical tips and techniques to effectively take action when necessary, and strengthening teamwork within the classroom.



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The Preschool Student in the Classroom

An initial consultation can be conducted, via video-conferencing or on-site, to assess current program needs and assist in setting up a program to address issues of bullying and problem solving. Comprehensive Evaluations will require an on-site visit.

The JLA Bullying Prevention and Skills Training Program: Group Implementation - Module II

Training Level: Level 2
Times: 1 Day Intensive
Suggested Audience: Teachers, School Counseling Staff and School Administrators

Instructor/Trainer: Alison Berman, LICSW

Module II - provides a hands-on workshop that takes educational tools and puts them into practice. Each participant will custom design and implement - within their classrooms - group programs according to their classroom needs. Group subject matter will vary within the scope of social skills; bullying; and/or problem solving. Under the supervision of Ms. Berman, using best practices for processing and debriefing, group facilitators will utilize experiential activities to help children within their groups constructively identify issues that are occurring.

** Please note the number of group participants and the number of clinician/trainer hours will vary (a few hours or on-going) according to the group needs and are determined prior to implementation.

The JLA Bullying Prevention and Skills Training Program: Special Group Needs - Module III

Training Level: Level 3
Times: 1 Day Intensive
Suggested Audience: Teachers, School Counseling Staff and School Administrators

Instructor/Trainer: Alison Berman, LICSW



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Module III provides clinical consultation, as needed, via video-conferencing to support ongoing clinical groups for children who are in need of more intensive group work to address issues of bullying and victimization. These groups will utilize a specialized curriculum to help children develop new skills. A program evaluation will be conducted to review of current practices of groups within the school and classroom. If there is not a current group program in place Ms. Berman can assist in designing and implementing a successful group program. Clinical consultation and supervision can be utilized as needed.

Trainer Biography

Ms. Berman recently shared her thoughts regarding effective training when addressing the problem of bullying... "Using experiential activities that children can actually experience and learn in the moment is a much more effective way to develop group dynamics for children as opposed to a "talking" curriculum, where children are just listening to a talk about bullying. They need to have the experience of working together and learning problem solving skills."

Alison Berman, LICSW. Alison Berman has worked with children, adolescents and families in a variety of clinical settings. She has managed therapeutic programs, provided consultation to schools and agencies and provided trainings. She has specialized in work with early intervention and issues of attachment and also works with children who have experienced trauma.

Ms. Berman also specializes in leading groups for children and teaches at Smith College School for Social Work. She received her Master's degree in Social Work from Smith College.