



Applied EQ
GROUP

THE EQ INTERVENTION

Prepared by Adam L. Saenz, Ph. D.

Psychologist, C.E.O.

www.appliedEQgroup.com

adam@adamsaenz.com



Applied EQ
GROUP

THE PROBLEM...



Applied EQ
GROUP

THE FRONT LINES OF MENTAL HEALTH INTERVENTION, 2001...



BROWN
Alpert Medical School

adam@adamsaenz.com



Applied EQ
GROUP

THE FRONT LINES OF MENTAL HEALTH INTERVENTION, 2001...



BROWN
Alpert Medical School

adam@adamsaenz.com



Applied EQ
GROUP

THE FRONT LINES OF MENTAL HEALTH INTERVENTION, 2020...





Applied EQ
GROUP

THE FRONT LINES OF MENTAL HEALTH INTERVENTION, 2020...





Applied EQ
GROUP

EDUCATORS ARE BECOMING THE FRONT LINES OF MENTAL HEALTH INTERVENTION

- 20 percent of percent of youth ages 13 to 18 experience *severe* mental disorders.
- In 2014, less than half of the adolescents who experienced depression received treatment.

Substance Abuse and Mental Health Administration, 2014



Applied EQ
GROUP

EDUCATORS ARE BECOMING THE FRONT LINES OF MENTAL HEALTH INTERVENTION

- 78 percent of teachers interviewed reported feeling inadequately prepared to intervene with *mild* mental health issues in the classroom.
- 82 percent of teachers interviewed reported that they believed establishing relationships with students is important, but they felt they had received inadequate training in the area of social and emotional learning.

Espelage, Page, & Polinin (2016)



ed EQ

IF ALL YOU HAVE IS THE HAMMER OF TRADITIONAL BEHAVIOR MANAGEMENT...

- Carrots

- Ignore mildly inappropriate behavior
- Redirect behavior
- Social reinforcement/praise

- Sticks

- Office referrals
- In-school suspension
- Out-of-school suspension



ed EQ

IF ALL YOU HAVE IS THE HAMMER OF TRADITIONAL BEHAVIOR MANAGEMENT...

- Carrots

- Ignore mild, inappropriate behavior
- Redirect behavior
- Social reinforcement/praise

- Sticks

- Office referrals
- In-school suspension
- Out-of-school suspension

S P E E D

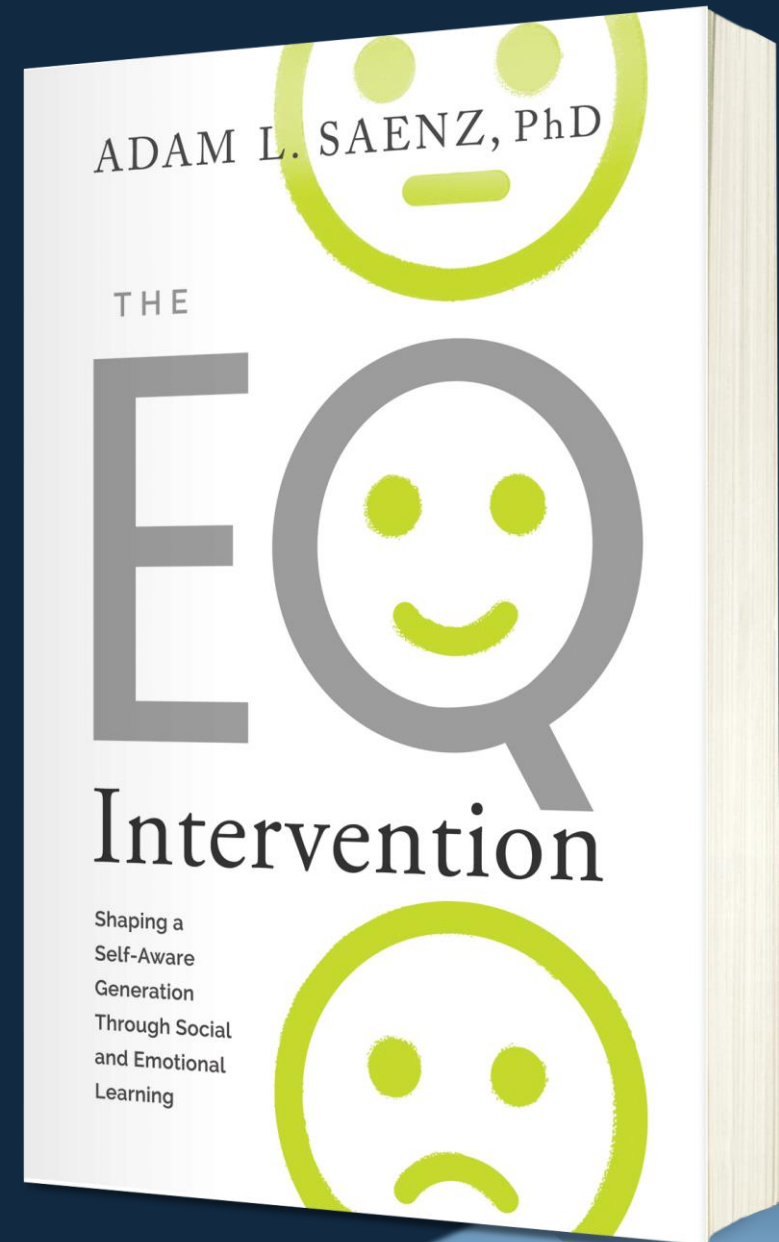
What does SEL
look like in a
classroom,
school,
community?





Applied EQ
GROUP

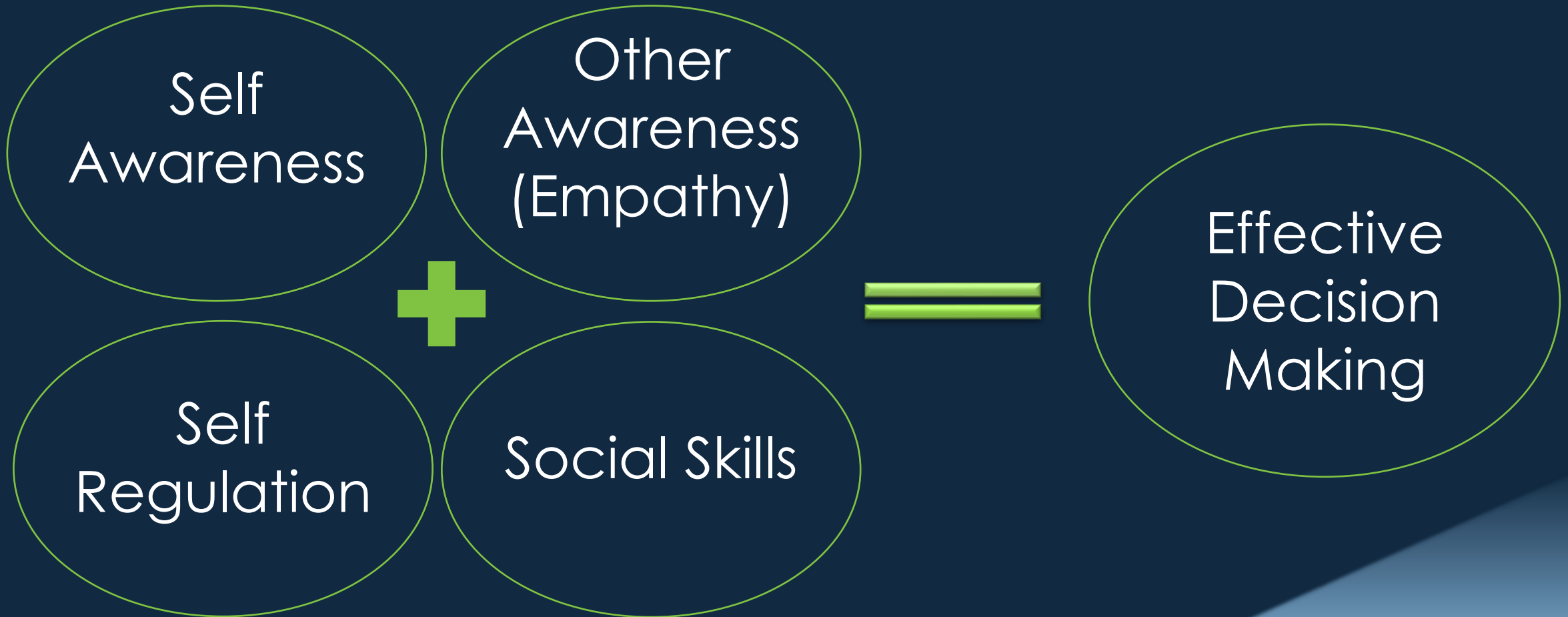
- *The Heart Smart Classroom*
 - The most effective SEL interventions begin with adult SEL.
 - As adults apply SEL strategies in their own lives, they become living interventions for every student.





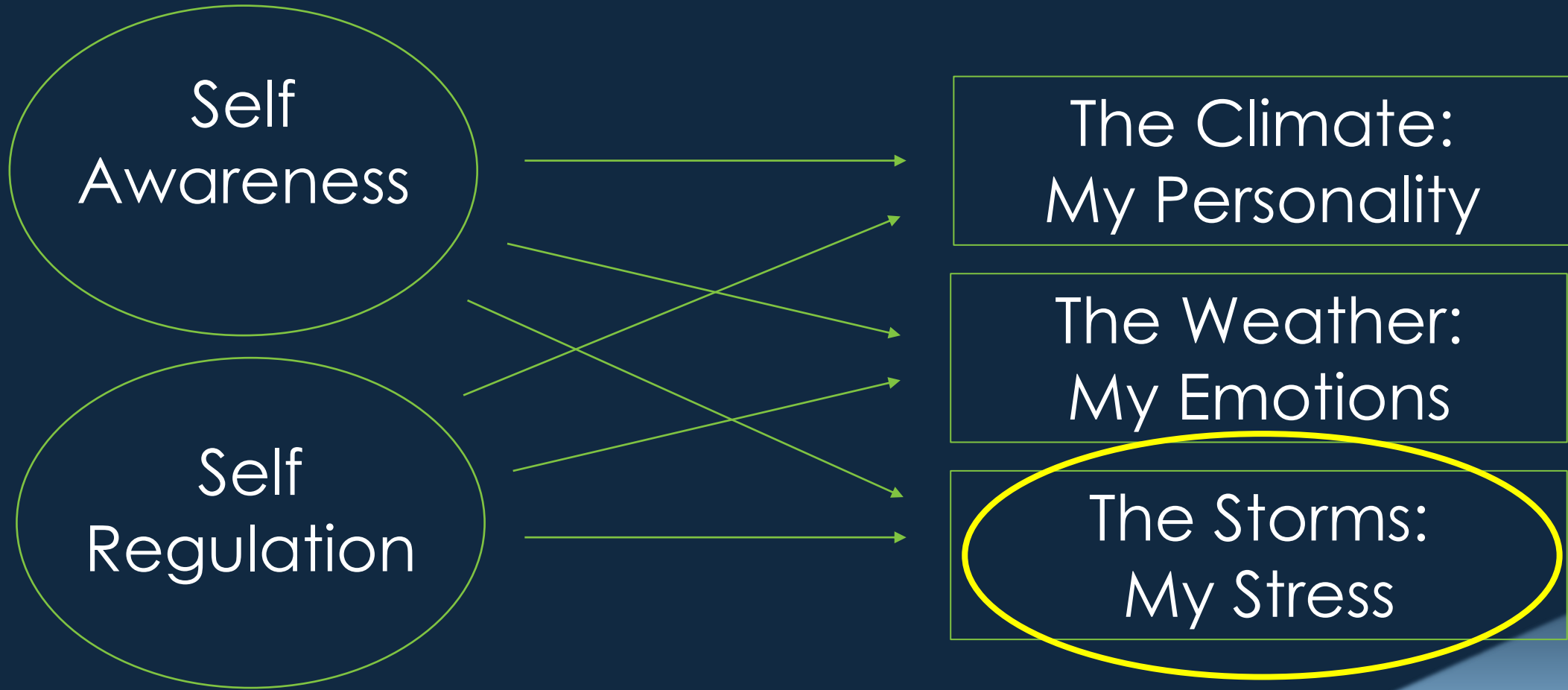
Applied EQ
GROUP

WHAT IS EMOTIONAL INTELLIGENCE?





WHERE WILL WE BE ON THE EQ MAP TODAY?





IDENTIFYING DRAGONS

- Professional:
 - One
 - Two
 - Three
- Personal:
 - One
 - Two
 - Three



- What is stress?
 - Stress is the energy you produce as you wonder whether you can deal effectively with a threatening situation.
 - symptoms include increase heart rate, muscle tension, preoccupation,
 - We usually use the energy to attack the source of our stress or run from it, and either option can be helpful or not helpful.



Applied EQ
GROUP

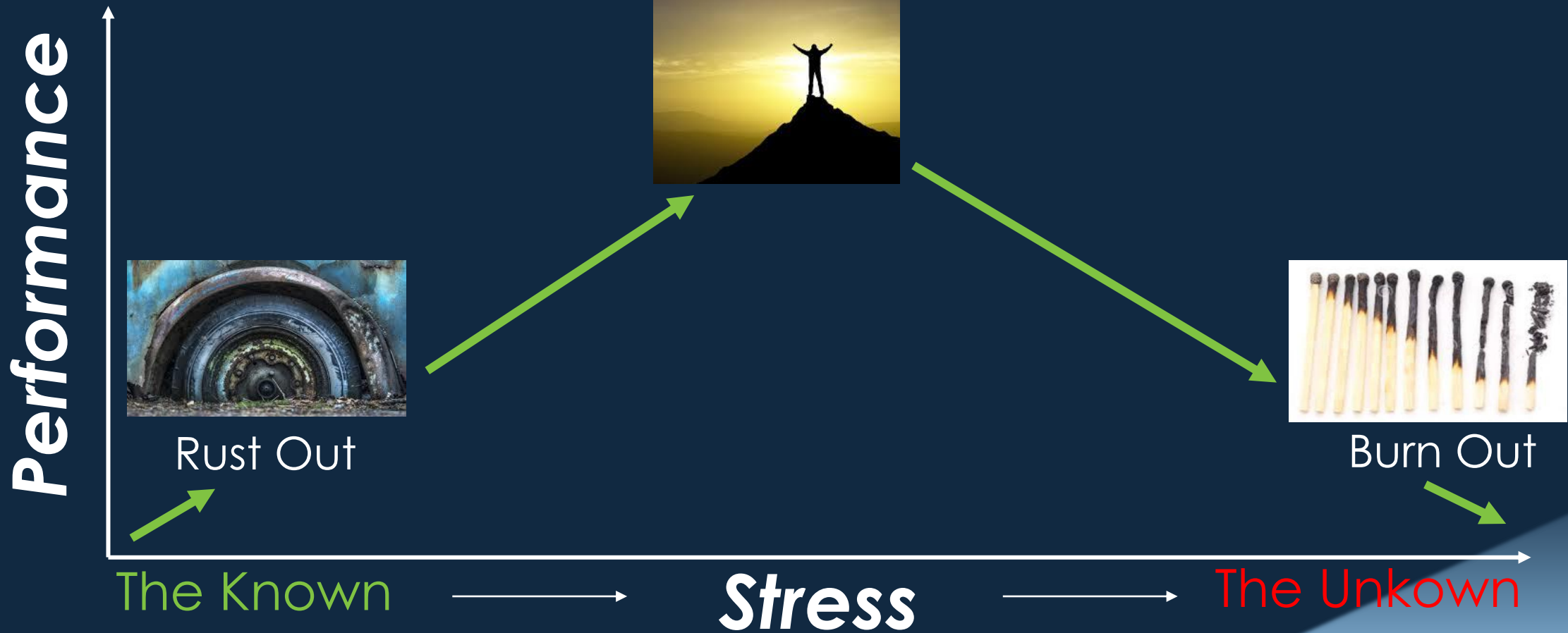
HARNESSING THE POWER OF STRESS

- Three dimensions of burnout
 - Exhaustion/Disengaging (versus energy)
 - Cynicism (versus involvement)
 - Ineffectiveness (versus efficacy)



Applied EQ
GROUP

HARNESSING THE POWER OF STRESS





Applied EQ
GROUP

HARNESSING THE POWER OF STRESS

	Engage	Disengage
Helpful		
Hurtful		



HELPFUL STRESS MANAGEMENT RESPONSES

Engage	Disengage
<ul style="list-style-type: none">◆ Get connected◆ Anticipate◆ Redirect the energy (exercise, hobby, etc.)◆ Assert your self appropriately	<ul style="list-style-type: none">◆ Self-observation◆ Keep perspective



HURTFUL STRESS MANAGEMENT RESPONSES

Engage	Disengage
<ul style="list-style-type: none">◆ Frequently attacking, blaming, criticizing others◆ Frequently splitting or causing dissention among staff	<ul style="list-style-type: none">◆ Frequently deny, rationalize, or unable to accept responsibility for wrong doing◆ Cut off feelings/apathy



HELPFUL STRESS MANAGEMENT RESPONSES

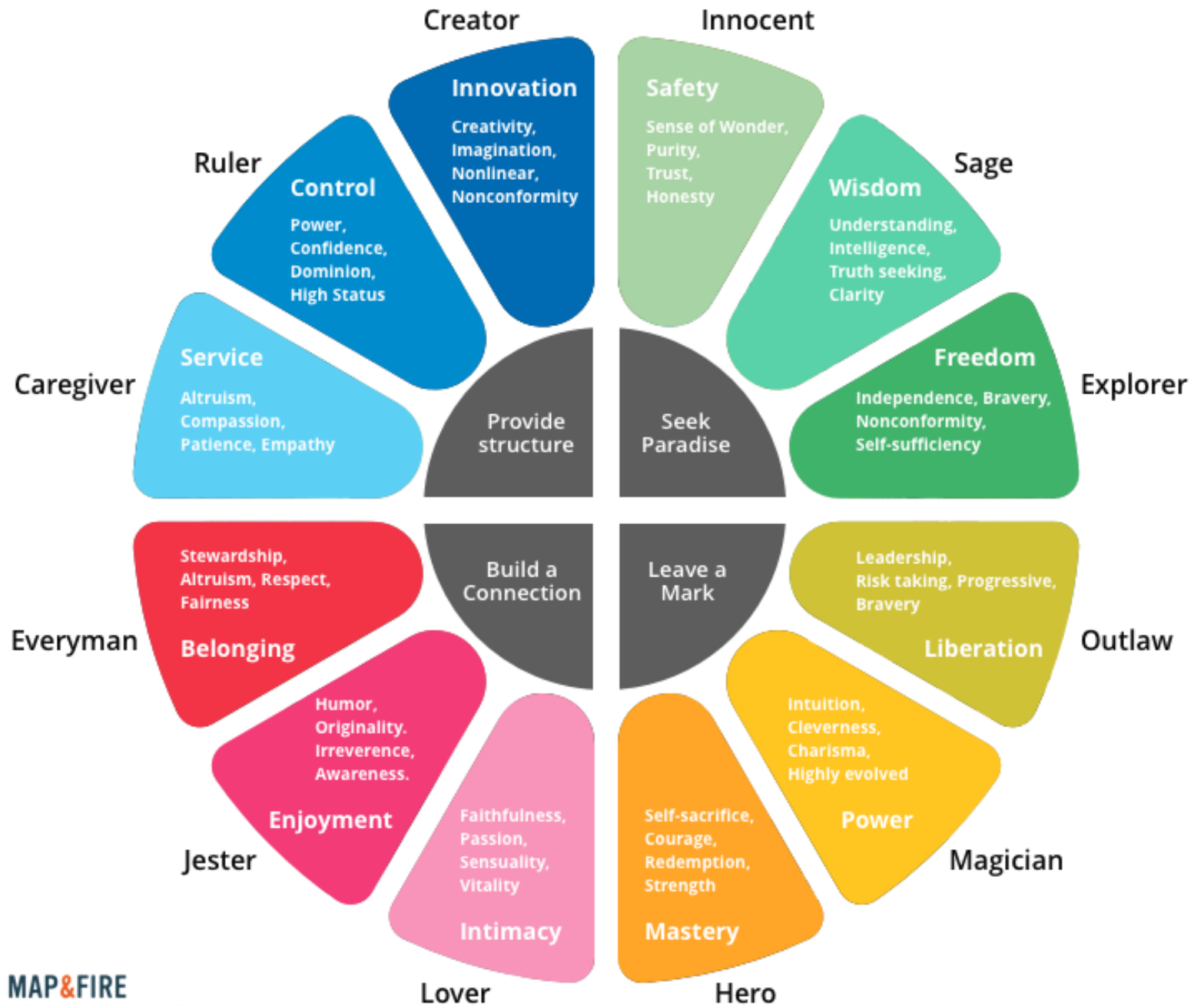
Engage	Disengage
<ul style="list-style-type: none">◆ Get connected◆ Anticipate◆ Redirect the energy (exercise, hobby, etc.)◆ Assert your self appropriately	<ul style="list-style-type: none">◆ Self-observation◆ Keep perspective



Applied EQ
GROUP

My Dream Team

www.appliedEQgroup.com



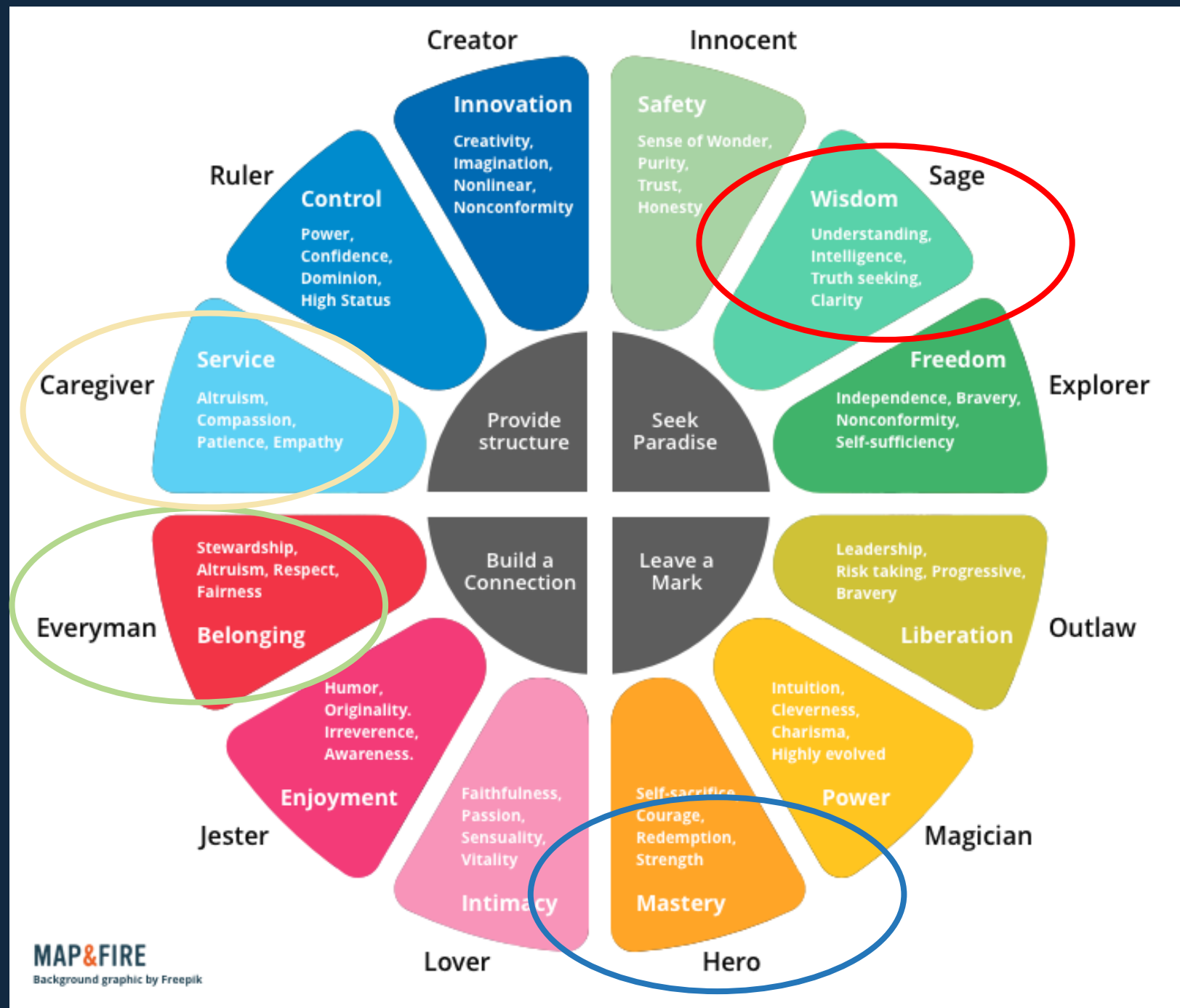
MAP&FIRE
Background graphic by Freepik



Applied EQ GROUP

My Dream Team

www.appliedEQgroup.com





- My **Sage** (who will offer me guidance) is...
- My **Hero** (who will always demand greatness from me) is...
- My **Caregiver** (who will always nurture me) is...
- My **Everyman** (with whom I will always feel connected and comfortable) is...



Applied EQ
GROUP

CONTACT

The Applied EQ Group

207 Rock Prairie, Suite B
College Station, Texas 77845

979-571-4606

adam@adamsaenz.com

www.appliedEQgroup.com

www.adamsaenz.com



www.appliedEQgroup.com

adam@adamsaenz.com