



ELIZABETH
HALSEY
RELIEF TEACHER



Chicago, Illinois, Chicago, 60616, USA



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elizabeth.halsey@gmail.com

ABOUT ME

Dedicated and experienced Relief Teacher with a proven track record in classroom management and lesson planning. Committed to creating a positive learning environment and engaging students in the learning process. Looking for a challenging Relief Teacher position to utilize my skills and experience.

LINKS

LinkedIn:
www.linkedin.com/in/elizabethhalsey

Twitter:
www.twitter.com/elizabethhalsey

REFERENCES

JOHN DOE
John Adams Middle School
T: +1-202-555-0153
E: johndoe@gmail.com

JANE SMITH
Lincoln High School
T: +1-202-555-0149
E: janesmith@gmail.com

HOBBIES

- READING
- CREATIVE WRITING
- TRAVELING
- YOGA
- COOKING

WORK EXPERIENCE

JOHN ADAMS
MIDDLE SCHOOL
Chicago
Aug 2018 - May 2022

Relief Teacher

- Covered for absent teachers and taught subjects including English, Math, and Science.
- Developed and implemented engaging lesson plans.
- Maintained classroom discipline and fostered a positive learning environment.
- Assisted in extracurricular activities and school events.

LINCOLN HIGH
SCHOOL
Chicago
Aug 2015 - Jul 2018

English Teacher

- Taught English to grades 9-12.
- Developed lesson plans in line with curriculum objectives.
- Assisted in school events and activities.
- Provided individualized instruction to students struggling with the subject.

EDUCATION

UNIVERSITY OF
ILLINOIS
Chicago
2015

Master's in Education

- Specialized in Curriculum and Instruction.
- Conducted research on effective teaching strategies.

UNIVERSITY OF
ILLINOIS
Chicago
2013

Bachelor's in English

- Majored in English Literature.
- Participated in various literary clubs and events.

SKILLS

CLASSROOM MANAGEMENT

LESSON PLANNING

STUDENT ENGAGEMENT

PARENT-TEACHER COMMUNICATION

CURRICULUM DEVELOPMENT

EDUCATIONAL TECHNOLOGY

LANGUAGES

ENGLISH

SPANISH

FRENCH

Anxiety Relief Resume Template Update

Martin M. Antony, Peter J. Norton



Anxiety Relief Resume Template Update:

Summary of John Delony's Building a Non-Anxious Life Milkyway Media,2024-06-21 Buy now to get the main key ideas from John Delony s Building a Non Anxious Life Feeling overwhelmed You re not alone Mental health expert Dr John Delony tackles the root causes of our skyrocketing anxiety and offers ways to cope in Building a Non Anxious Life 2023 Delony argues that modern life with its constant connectivity and consumption fosters anxiety To counter this he outlines Six Daily Choices for creating a resilient non anxious life We must choose to face reality build meaningful connections achieve freedom practice mindfulness maintain health and believe in a higher power Delony doesn t promise instant relief the path is not easy but resilience and peace can be found amidst life s challenges *The Anti-Anxiety Workbook* Martin M. Antony,Peter J. Norton,2015-04-27 Recent breakthroughs in the study and treatment of anxiety are empowering countless people to find relief from chronic fears worrying phobias and obsessions This inviting workbook shows how The state of the art program presented here is grounded in cognitive behavioral therapy the most effective treatment for anxiety No matter what type of anxiety problem you suffer from leading experts Drs Martin M Antony and Peter J Norton provide an unrivaled toolkit of proven strategies to help you Understand what anxiety is and how it gets out of control Identify your anxiety triggers Change the beliefs and behaviors that make symptoms worse Develop a safe gradual plan for confronting feared situations Learn the facts about medications and herbal remedies Achieve a new level of calm with relaxation and meditation techniques Find the right professional help if and when you need it Vivid examples and user friendly worksheets you can download and print additional copies as needed guide you to put the book s science based techniques into action Effective problem solving tips ease you through the rough spots in recovery If you re ready to take back your life from anxiety you ve come to the right place Association for Behavioral and Cognitive Therapies ABCT Self Help Book of Merit *Summary of Unwinding Anxiety* QuickChapters,2025-10-16 Why do we get trapped in cycles of worry fear and bad habits and how can we finally break free In Unwinding Anxiety neuroscientist and psychiatrist Dr Judson Brewer reveals the science behind anxiety and offers a practical brain based approach to overcoming it This chapter by chapter summary unpacks Brewer s groundbreaking discoveries about the anxiety habit loop where worry fuels unhealthy coping mechanisms like stress eating procrastination and endless scrolling Drawing from over 20 years of clinical research Brewer shows how to identify triggers use mindfulness to interrupt these loops and replace fear driven reactions with curiosity and awareness Through simple evidence based techniques Unwinding Anxiety empowers readers to retrain their minds reduce stress and build lasting emotional resilience Whether you struggle with daily stress or chronic anxiety this summary delivers the key lessons and actionable insights that can help you take control of your mental well being Disclaimer This is an unofficial summary and analysis of Unwinding Anxiety by Judson Brewer M D Ph D It is designed solely to enhance understanding and aid in the comprehension of the original work **Anxiety Relief for Kids** Bridget Flynn Walker,2017-11-01 Parents of children with

anxiety need quick in the moment solutions they can easily use every day to help their child AnxietyRelief for Kids is the first and only easy to use guide for parents that utilizes proven effective cognitive behavioral therapy CBT and exposure therapy allowing parents to plan effective short term interventions with their kids at home in social settings or anywhere that anxiety and avoidance occur

Changing Trends in Mental Health Care and Research in Ghana Ofori-Atta, Angela,Ohene, Sammy,2015-04-26 This Reader is about the changing trends in mental health care and research in Ghana The book includes a brief history of Department of Psychiatry at the University of Ghana Medical School and Mental Health Care in Ghana through the eyes of professionals who have lived this history There is also a revised situation analysis of mental health services and legislation from 2005 These are followed by three main sections on Conceptualization of Mental Illness depression religion and illness autism substance use disorders and schizophrenia Mental Health Practice in a teaching hospital setting referrals to Korle Bu how psychiatric illnesses manifest how people s lives are affected and what skill sets and resources are available for dealing with them and finally the Department s focus on research includes the Mental Health Information System Sickle Cell Disease Medical Ethics and Liaison Psychiatry In the concluding paragraph read about the way forward in mental health care and research

Mental Health in Nursing - E-Book Epub Kim Foster,Peta Marks,Anthony O'Brien,John Hurley,2024-08-26 Holistic overview of mental health for nurses in a practice setting All nurses play an important role in supporting mental health as part of holistic care provision This book is designed to help students and novice clinicians to develop the knowledge skills and attitudes they need to care for people across a wide range of specialist and non specialist practice settings Written by a highly experienced team of mental health nursing experts the book covers all the common mental health conditions nurses are likely to encounter in practice It provides essential information on assessing for and identifying people experiencing mental illness as well as how to provide appropriate responses support and referral across the numerous contexts in which nurses work Fully updated and expanded the sixth edition includes a wealth of lived experience perspectives designed to provide a critical perspective and a way of thinking about the issues more deeply building empathy and understanding High quality evidence based content developed specifically to meet the learning needs of students and novice clinicians in Australia and New Zealand Describes the foundational principles and core mental health skills required by all nurses Covers generalist health settings content is relevant for nursing students across their curriculum Focuses on mental health not mental illness an emphasis on recovery oriented practice trauma informed car and the value of building therapeutic relationships Articulates and demonstrates the expert knowledge and skills of mental health nurses and includes information on professional self care for all nurses Covers how to assess manage and treat the major mental health problems people commonly experience Provides scenarios for mental health screening assessment referral and support across a range of clinical settings Key points anecdotes critical thinking exercises tables and references in every chapter support learning Online resources for nurses in the workplace including videos and clinical scenarios Commentaries by

experts by Lived Experience in all chapters understand what s helpful and what s not New to this edition New First Peoples chapters from both New Zealand and Australia how to provide cultural safety New chapter on preparing for mental health clinical placements More content on suicide More content on the impact of trauma adverse childhood events on mental health and addictions

Textbook of Palliative Nursing Department of Nursing Education and Research City of Hope National Medical Center Betty R. Ferrell Research Scientist, Supportive Care Program Nessa Coyle Director, Pain & Palliative Service Department of Neurology Memorial Sloan-Kettering Cancer Center, 2005-11-10 Originally published in 2001 the Textbook of Palliative Nursing has become the standard text for the field of hospice and palliative care nursing In this new edition the authors and editors have updated each chapter to ensure that the content is evidence based and current references are included They also have retained the important focus on case studies throughout the text and practical clinically relevant tables figures and other resources Like the previous edition this text has an introductory section of the general principles of palliative care followed by a comprehensive section on symptom assessment and management encompassing twenty one different symptoms Other key sections include psychosocial support and spiritual care providing holistic perspective on care of patients facing advanced disease The text also includes an innovative section on special populations addressing those most in need of palliative care The textbook is a useful resource for all nurses with the excellent section on end of life care across settings In this new edition the pediatric palliative care section has been greatly expanded and includes seven separate chapters on pediatric care It includes a section on special issues addressing topics such as ethical considerations nursing research and public policy perspectives and concludes with a section presenting models of excellence including six international models This edition also offers a narrative on dying based on a spouse s perspective The text includes an appendix with an extensive list of resources for nurses in the field

Alcohol and Drug Counselor (ADC) Exam Review Christine Tina Chasek, Thomas Z. Maxson, 2024-07-15 Alcohol and Drug Counselor ADC Exam Review is designed to help you prepare for the IC RC certification exam This comprehensive study aid provides key foundational content on both the exam domains and the 12 core functions of an addiction counselor Tips from the field are incorporated throughout to reinforce important testable concepts Case studies provide insight into real world applications and key points highlight essential information Each chapter covers everything you need to know to pass the exam and includes end of chapter questions to check your knowledge The review concludes with a full length practice test to get you ready for exam day With 300 practice questions detailed review content and answer rationales this study aid empowers you with the tools and materials to study your way and the confidence to pass the first time guaranteed Know that you re ready Know that you ll pass with Springer Publishing Exam Prep Key Features Reflects the latest IC RC exam blueprint Provides a comprehensive yet concise review of essential knowledge for the exam Includes detailed information on the 12 core functions of an addiction counselor Highlights key points to remember on exam day Features case studies to reinforce key topics

including one case study that unfolds across chapters Includes end of chapter Q A and a full practice test with detailed rationales Boosts your confidence with a 100% pass guarantee For 70 years it has been our greatest privilege to prepare busy nurses like you for professional certification and career success Congratulations on qualifying to sit for the exam Now let s get you ready to pass The Alcohol Drug Counselor ADC examination is developed by the International Certification Reciprocity Consortium IC RC The IC RC does not endorse this resource nor does it have a proprietary relationship with Springer Publishing Company

Overcoming Anxiety For Dummies Charles H. Elliott,Laura L. Smith,2010-04-26 Practical proven ways to get fear worry and panic under control Think you worry too much You re not alone over 40 million Americans suffer from some form of anxiety Help is here in this friendly guide which offers sound advice on identifying anxiety triggers through taking self tests improving your eating habits relaxing and finding support for you and your loved ones Now with 25% new and revised content *Overcoming Anxiety For Dummies 2nd Edition* explores all of the most common triggers for anxiety recent developments in medications newly emerging biologically oriented approaches for treating anxiety and the most up to date advancements in psychotherapies Understand why you re anxious and pinpoint your triggers Get trusted advice on whether you can overcome anxiety on your own or seek professional help Covers anxiety in teens young adults and veterans The practical information in *Overcoming Anxiety For Dummies 2nd Edition* is your first step toward getting your life back and winning the war against your worries

Summary of the Report on the Administration of Bengal, 1885-86 Bengal (India),1887

Advances in Test Anxiety Research ,1984

Handbook of Attention Deficit Hyperactivity Disorder Michael Fitzgerald,Mark Bellgrove,Michael Gill,2007-04-30 Attention deficit hyperactivity disorder ADHD is one of the most prevalent childhood psychiatric disorders of our time The condition is defined by levels of inattention hyperactivity and impulsivity that are in impairing and developmentally inappropriate Increasingly there is a growing appreciation that for many individuals the disorder may persist into adulthood and be associated with significant social and economic burden Conditions such as ADHD that are manifestly heterogeneous in terms of their clinical presentation underlying neurobiology and treatment response must be tackled on multiple fronts This *Handbook of Attention Deficit Hyperactivity Disorder* provides a state of the art position on each of these fronts from leading clinicians and researchers from around the world Broad in its scope and comprehensive in its detail this book should be as useful to the student as it is to the experienced clinician or researcher

The American Psychiatric Publishing Textbook of Geriatric Neuropsychiatry C. Edward Coffey,Jeffrey L. Cummings,2011 Rev ed of *The American Psychiatric Press textbook of geriatric neuropsychiatry* 2nd ed 2000

Work Accommodation and Retention in Mental Health Izabela Z. Schultz,E. Sally Rogers,2010-11-16 Growing interest in the field of mental health in the workplace among policy makers clinicians and researchers alike has been fueled by equal employment rights legislation and increasing disability statistics in mental heath The importance of addressing this topic is underscored by the fact that depression now ranks second on the hierarchy of occupational disabilities The problem

is compounded by a host of factors including major difficulties in job retention and productivity experienced by persons with mental health disabilities younger age and higher education of persons with mental health problems and labor shortages and an aging workforce in many industrialized countries In addition particularly in the United States the vocational needs of army veterans returning from duty with mental health disorders require system based solutions and new rehabilitation approaches The pressure created by these powerful legislative societal and economic forces has not been matched by the state of evidence based practices in the field of employment retention and job accommodation in mental health Current research evidence is fragmented limited in scope difficult to access and adversely affected by the traditional divide between the fields of psychiatry and psychology on one hand and interdisciplinary employment research and practices on the other As a result policy makers employers disability compensation systems and rehabilitation and disability management professionals have been left without a critical how to evidence informed toolbox for occupational practices to accommodate and retain persons with mental health disabilities in the workplace Currently no single source of knowledge and research evidence exists in the field that would guide best practices Yet the need for workplace accommodations for persons with mental health disabilities has been growing and based on epidemiological trends is anticipated to grow even more in the future These trends leave physicians psychologists occupational therapists vocational rehabilitation professionals disability managers human resource professionals and policy makers poorly prepared to face the challenge of integrating and maintaining persons with mental health disabilities in the workplace The aim of the Handbook is to close the gap between the needs of the professionals and networks that work with or study persons with mental health disorders in an employment context and the actual knowledge base in the field The Handbook will be written in language that can easily be understood by readers representing a multitude of disciplines and research paradigms spanning the mental health rehabilitation and employment fields of inquiry The Handbook will contribute an integration of the best quantitative and qualitative research in the field together with experts consensus regarding effective work retention and accommodation strategies and practices in mental health The book will consist of five major sections divided into chapters written by recognized experts in these areas

Demystifying

Academic Writing in Higher Education: A Process View on Academic Textual Production Xinghua Liu,Rui Alexandre Alves,Angelique Aitken ,Josef Schmied,2025-10-30 Academic writing in this Research Topic refers to the type of writing demonstrating students disciplinary knowledge of and proficiency in synthesizing analyzing and responding critically to new information Hyland 2004 Swales 1990 which may include those genres like course essays project reports research proposals lab notes journal articles conference paper theses and dissertations As the current workplaces have become increasingly specialized higher education worldwide has been increasingly charged with the task of developing students academic writing and correspondingly on students parts learning through writing has been necessary for them to succeed in higher education To prepare university students for writing challenges during the past decades numerous studies have been devoted to the

study of linguistic and rhetorical resources in students academic writing under such umbrella terms like style reader awareness authorial voice writers identity stance evaluation textual structures steps and moves Charles Hunston Hinkel 2002 However previous research on academic writing has been predominantly focused on the linguistic and rhetorical aspects namely the final product of students writing while the nature and processes of composition students engagement and individual differences and the influence of contextual factors like emerging technology have been under explored Thus the goal of this Research Topic is to bring a process oriented and dynamic perspective to the study of textual production in academic contexts by both encouraging an expanded view of existing research paradigms and also welcoming novel approaches Data can be collected by using corpus building interviews and questionnaires but we would also welcome the use of experimental methods and a mixed method approach for data collection Meanwhile previous research mainly studied university students who were learning English as a second or foreign language hence we also welcome research examining first language writers and students who are learning a second or foreign language other than English We believe for the study of the complex phenomenon like academic writing no single method or tool can suffice Therefore we strongly recommend a more creative perspective in data collection and analyzing and interpreting academic writing Papers can present quantitative data analyses based on experimental design or qualitative data analyses stemmed from more ethnographic oriented research Systematic review studies are also welcome We encourage contributions related but not restricted to the following topics 1 Cognitive processes in academic texts planning composing and revisions and student writers individual differences 2 Metacognition and self regulation in academic texts planning composing and revisions and student writers individual differences 3 Motivation and self efficacy in academic texts planning composing and revisions and student writers individual differences 4 Linguistic and rhetorical choices identity construction and disciplinary knowledge construction 5 Student writers textual production peer feedback and interactions with discourse communities 6 Affordances and challenges of artificial intelligence AI in the process of academic textual production in higher education

Handbook of Psychotherapy and Behavior Change Sol Louis Garfield, Allen E. Bergin, 1978 **Bergin and Garfield's Handbook of Psychotherapy and Behavior Change** Michael Barkham, Wolfgang Lutz, Louis G. Castonguay, 2021-10-05 Celebrating the 50th anniversary of a best selling and renowned reference in psychotherapy research and practice Now celebrating its 50th anniversary and in its seventh edition Bergin and Garfield's Handbook of Psychotherapy and Behavior Change maintains its position as the essential reference volume for psychotherapy research This bestselling reference remains the most important overview of research findings in psychotherapy It is a rigorous and evidence based text for academics researchers practitioners and students In recognition of the 50th anniversary this edition contains a Foreword by Allen Bergin while the Handbook covers the following main themes historical and methodological issues measuring and evidencing change in efficacy and practice based research therapeutic ingredients therapeutic approaches and formats increasing precision and

scale of delivery and future directions in the field of psychotherapy research Chapters have either been completely rewritten and updated or comprise new topics by contributors including Characteristics of effective therapists Mindfulness and acceptance based therapies Personalized treatment approaches The internet as a medium for treatment delivery Models of therapy and how to scale up treatment delivery to address unmet needs The newest edition of this renowned Handbook offers state of the art updates to the key areas in psychotherapy research and practice today Over 60 authors experts in their fields from over 10 countries have contributed to this anniversary edition providing in depth measured and insightful summaries of the current field

Child Psychopathology Barry H. Schneider,Paul David Hastings,Amanda Guyer,Mara Brendgen,Eli Cwinn,2014-12-04 This textbook provides authoritative and up to date coverage of the classification causes treatment and prevention of psychological disorders in children

Medical Psychotherapy Jessica Yakeley,James Johnston,Gwen Adshead,Laura Allison,2016-10-27 Medical Psychotherapy draws together succinct descriptions of the major models of psychotherapy written by specialists who offer an accessible theoretical and evidence based depiction of each therapy and its clinical role for patients Written by the foremost voices on psychotherapy in the UK this handbook will appeal to specialist trainees in psychiatry and consultants working in psychotherapy along with psychologists and allied health professionals

Pediatric Psychopharmacology Andres Martin,Lawrence Scahill,Dennis S. Charney,James F. Leckman,2002-10-17 Pediatric Psychopharmacology Principles and Practice is an authoritative and comprehensive text on the use of medication in the treatment of children and adolescents with serious neuropsychiatric disorders This benchmark volume consists of 56 chapters written by internationally recognized leaders and is divided into four interrelated sections The first Biological Bases of Pediatric Psychopharmacology reviews key principles of neurobiology and the major psychiatric illnesses of childhood from a perspective rooted in developmental psychopathology The second Somatic Interventions presents the major classes of psychiatric drugs as well as complementary and alternative somatic interventions such as electroconvulsive therapy ECT transcranial magnetic stimulation rTMS and naturopathic approaches The third and longest section Assessment and Treatment starts with clinical assessment diagnostic evaluation and comprehensive treatment planning and goes on to cover the evidence based analysis of drug treatments for the major disorders Special populations such as children with comorbid mental retardation substance abuse or medical illness are specifically discussed and the coordination of their treatment with non somatic therapies is explicitly addressed The final section Epidemiologic Research and Methodological Considerations deals with broad population relevant topics such as regulation and policy pharmacoepidemiology and the critical importance of sound ethical principles for clinical investigation The book concludes with an appendix on generic and commercial drug name equivalencies preparations and available dosages This timely text is intended for child and adolescent psychiatrists general and developmental pediatricians family practitioners general psychiatrists and other mental health professionals who work with children and adolescents

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