

Targeted Areas for Growth (TAG) Assessment

Area for growth: Interventions and mental health services to develop social and life skills

I have identified this as an area of growth because as I have done my first solo client in my 676 practicum, I was working with an adolescent client with depression. Through the process of having to diagnose a student with depression, I have become aware that my knowledge is below competency in this area. In order to complete my report and conduct a feedback meeting with my client and his family, I will need to educate myself significantly in the area of adolescent mental health.

Short Term Goal

My short term goal includes reading a variety of articles on teenage depression. I will start off with a website from Psychology Today on teen depression in boys. I will then review several of the articles from my social emotional intervention course. I will also review presentations that have been given throughout my courses on depression, interventions, including pharmaceutical and non-pharmaceutical treatments.

<https://www.psychologytoday.com/articles/200207/teen-depression-boys>

I will read a variety of articles in order to gain insight into how depression can manifest itself in adolescent boys in order to provide more understanding to the family.

Cassiello-Robbins, C. & Barlow, D. (2016). Anger: The unrecognized emotion in emotional disorders. *Clinical Psychology Science and Practice*, 23(1), 66-85.
<http://dx.doi.org.ezproxy.lib.ucalgary.ca/10.1111/cpsp.12139>

Evans, S.W., Owens, J.S. & Bunford, N. (2014). Evidence-based psychosocial treatments for children and adolescents with Attention-Deficit/Hyperactivity Disorder. *Journal of Clinical and Adolescent Psychology*, 43, 527-551.
<http://dx.doi.org.ezproxy.lib.ucalgary.ca/10.1080/15374416.2013.850700>
<http://ezproxy.lib.ucalgary.ca/login?url=http://search.ebscohost.com/login.aspx?direct=true&db=ehh&AN=97048454&site=ehost-live>

Fristad, M.A., & MacPherson, H.A. (2014). Evidence-based psychosocial treatments for child and adolescent bipolar spectrum disorders. *Journal of Clinical Child and Adolescent Psychology*, 43, 339-355.
<http://dx.doi.org.ezproxy.lib.ucalgary.ca/10.1080/15374416.2013.822309>
<http://ezproxy.lib.ucalgary.ca/login?url=http://search.ebscohost.com/login.aspx?direct=true&db=ehh&AN=95961673&site=ehost-live>

Robinson, J., Hetrick, S., & Martin, C. (2011). Preventing suicide in young people: Systemic review. *Australian and New Zealand Journal of Psychiatry*, 45, 3-26.
<http://journals.sagepub.com.ezproxy.lib.ucalgary.ca/doi/full/10.3109/00048674.2010.511147>

Long-term goal

I will attend the BCASP fall conference. One workshop that I will attend pertains specifically to this topic: Dr. Cecil Reynolds. Evaluation and Diagnosis of Emotional and Behavioural Disorders in the Schools Under the BASC-3 Model; Getting it Right and Getting to Interventions That Work!

I will also attend the BCASP workshop in the spring and attend the workshop on the Neuropsychology of Emotional Disorders: A Framework for Effective Interventions. This workshop will explore the neural architecture of emotional behaviour by examining various brain structures laying the foundation for higher-level social skill functioning. Specific biological factors related to the development of social competence and emotional self-regulation will be explored. There will be a detailed discussion on behavioural self-regulation, anxiety disorders, and depression from a brain-based educational perspective, including cutting edge interventions such as neurofeedback. Schools can enhance emotional wellness in children through early prevention efforts, appropriate assessment strategies, and an improved school climate to foster emotional growth for all children. The specific learning objectives include:

Area for growth: Interventions and instructional support to develop academic skills

I feel that this continues to be an area of growth for me as I continue to work with clients who have learning disabilities in reading, writing or math. During my summer practicum I will need to review evidence based interventions in order to make sound recommendations on my report.

Short Term Goal:

Mather, N. and Jaffe, L. (2002). Woodcock-Johnson III: Reports, Recommendations and Strategies. New York: John Wiley and Sons.

Rathvon, N. (1999). Effective School Interventions: Strategies for Enhancing Academic Achievement and Social Competence. New York: Guilford Press.

Government of State of Victoria. (2007). *Calmer classrooms: A resource guide to working with traumatized children*. Retrieved from <https://www.communities.qld.gov.au/resources/childsafety/foster-care/calmer-classrooms.pdf>

Long term Goal:

In the fall I will be attending the BCASP workshop on Assessment and Intervention of Working Memory and Long-term Memory as well as Improving Assessment of Intellectual Disability in School Settings.