

Cognitive Distortions: Implications & Interventions-



This workshop will discuss cognitive distortions which are incorrect, faulty, irrational, and exaggerated negative thoughts that lead to misperceptions of reality. Implications of cognitive distortions which frequently include behavioral concerns and difficulties with interactions with others will be discussed as well as interventions to combat these distorted thoughts. An intervention tool or process will be provided to implement as part of a positive behavioral support, response to intervention, or multi-tiered model of interventions and supports for improving cognitive distortions by children and adolescents.

Dr. Lisa Daniel holds a bachelor's degree in psychology and health, a master's degree with emphasis in school and applied psychology and a doctorate in educational psychology with a cognate in counseling. She is licensed in Texas as

a Licensed Specialist in School Psychology (LSSP) and as a Licensed Professional Counselor (LPC). She has been an associate professor of psychology, has taught classes at the college level for students on academic probation and suspension and psychology classes to undergraduate and graduate students. She has trained people who were aspiring to be teachers at the college level as well as teachers and other educators in the school setting. She has worked in and consulted with school districts for twenty years assisting students, their families, all educators, and community professionals to help improve social, emotional, behavioral, and academic functioning of students. She works at a private practice counseling agency titled 3:30 Counseling & Psychological Services PLLC and also works as a temporary lecturer of psychology with the University of Wyoming.