

MASSACHUSETTS PSYCHOLOGICAL ASSOCIATION
2022 ANNUAL CONFERENCE

COLLECTIVE TRAUMA: *HEALING TOGETHER*

December 3, 2022 from 8:00am - 5:00pm
Four Points by Sheraton in Norwood, MA



Bullying and the Power Differentiation: Who Has It and What to Do About It (1CE)

Presented by David Gotthelf, Ph.D.

“Bullying” involves systematically and chronically inflicting physical hurt or psychological distress on one or more students or employees. It is further defined as unwanted purposeful written, verbal, nonverbal, or physical behavior, including but not limited to any threatening, insulting, or dehumanizing gesture, by an adult or student. Such actions have the potential to create an intimidating, hostile, or offensive educational environment or cause long term damage. It can also cause discomfort or humiliation or unreasonably interfere with the individual’s performance or participation, especially if it is carried out repeatedly and is often characterized by an imbalance of power.

Bullying can have a significant traumatic impact. Trauma consequences include depression, anxiety, difficulties with eating and sleeping, concentration at school or at work, social interactions including forming social relationships, and at worst the possibility of suicide or harm to others. And there are other factors related to bullying, notably ASD, with many individuals having this disorder having difficulty differentiating bullying from nonbullying. This workshop covers these issues and how we as clinicians can address them.

Learning Objectives

- Summarize how bullying is defined from both a clinical and legal perspective.
- Explain how schools and other institutions are required to address bullying and train both staff and students.
- Demonstrate awareness and understanding of how bullying is perceived by students with disabilities, particularly those students with ASD.
- Demonstrate knowledge and skills to help all students and their caregivers address the challenges facing students who are bullied or have the perception that they are being or have been bullied.

David Gotthelf, Ph.D. is a licensed psychologist, licensed mental health counselor, and licensed/nationally certified school psychologist, currently practicing in Needham, MA. He also currently teaches at Boston University and is a regular presenter for the Massachusetts Partnership for Youth,

providing online and in-person workshops for educators in school districts throughout the state. With over 35 years' experience as an educator, special education administrator, school, and clinical psychologist, including serving as chief psychologist for the Newton Public Schools and helping manage MGH's Aspire program, Dr. Gotthelf has a wealth of experience to share with you regarding today's workshop, particularly the challenges students with disabilities face regarding trauma and their perceptions of trauma.