



Techniques for Tough Times: A Comprehensive Workbook and Manual for Teachers and Counselors

By Leigh Vandenakker, Gayle Threet

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Techniques For Tough Times was created to provide field-proven curriculum and training for educators striving to teach life skills to at-risk students. Leigh VandenAkker and Gayle Threet, a teacher and counselor respectively, developed the program with years of experience in the trenches. Twelve years of data show increased school attendance, higher grade point averages, and significant decreases in disciplinary referrals to administration. The strength of Techniques For Tough Times is that it works in all settings and translates into a more positive school environment. Techniques For Tough Times offers: New techniques in violence prevention, conflict resolution, leadership skills and relationship skill building Field tested activities in classrooms, counseling, and detention centers Curriculum based life skills

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