

Stacey Scheckner, Ph.D.
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EDUCATION

- PhD** Florida State University, Tallahassee, Florida February 2004.
Combined Program in Counseling Psychology and School Psychology
- EdS** Florida State University, Tallahassee, Florida May 2000.
Counseling and Human Services
- MS** Florida State University, Tallahassee, Florida May 2000.
Counseling and Human Services
- BA** Washington University, St. Louis, Missouri December 1995.
Psychology

PROFESSIONAL LICENSES AND CERTIFICATIONS

Florida State Psychology License Number PY7217

National Provider Identifier Number

CLINICAL EXPERIENCE

Private Practice, Tampa, Florida May 2006-present.

Clinical Psychologist: Conduct comprehensive psychological evaluations for community referrals (school, primary care, and psychiatric) to determine accurate diagnosis and treatment plan. Treatment plan may include coordination of care with primary care physician, psychiatrist, school/job personnel, and family members. Therapeutic services offered individual (child, adolescent, college students, adults), couples, family, and group. Specializing in the following issues: grief/loss, general anxiety, specific phobias, social anxiety, Obsessive-Compulsive Disorder, depression, Bipolar Disorder, Post-Traumatic Stress Disorder, educational problems (learning disabilities), Autistic Spectrum Disorders, Attention-Deficit Disorders, substance abuse, addictions, eating disorders, self-injury, Borderline Personality Disorder, anger management, conduct disorder, Intermittent-Explosive Disorder, relationship conflict, poor social skills, parenting skills and low self-esteem. Also, specializing in working with patients and their families on how to cope with medical problems, such as terminal illness and cancer treatment. Therapeutic modalities include cognitive-behavioral, behavioral, and family systems as well as others when clinically indicated through empirical research.

Business Owner: Created unique website to educate community regarding practice goals.

Actively networks in the Hillsborough and Pinellas County communities through free school, medical, and community workshops and trainings. Educate the community about how local and national stories relate psychologically through media such as FOX, CNN and NBC. Participate in on-going continuing education in order to stay updated and current on all psycho-educational research.

Tampa Preparatory School, Tampa Florida January 2005-May 2007.

Psychologist: Worked with students in grades 6th-12th offering crisis counseling on eating disorders, self-mutilation, drug and alcohol abuse and addiction, divorce, and abuse. Facilitated student and parent workshops on test anxiety, coping mechanisms, anger management, self-esteem building, bullying, decision making, problem solving, and assertiveness skills in addition to faculty training. Advisor for High School Peer Counseling Program, and subsequent Middle School Mentoring program including Big Sister/Big Brother pairing. Taught Senior Psychology classes and standardized test coordinator. Provided referral evaluation and assessment in addition to exit interviews.

Tampa General Hospital, Tampa Florida January 2006- August 2006

Pediatric Psychologist: Provided psychological evaluation of medically referred patients (brain/spinal cord injuries, burn victims, cancer, other trauma). Assessment of patient's family's emotional stability in regards to said trauma. Provided support, education, coping skills, and treatment for patients and families.

Private Practice-Psychology Associates, Seminole, Florida July 2004-October 2004

Transitional Placement: Provided individual and group therapy for children, adolescents, adults, and families including educational, personality, and neuropsychological testing. Scored and analyzed testing data, and made diagnostics and recommendations, in addition to writing reports on data collected. Attended individual and group supervision meetings. Helped with billing and other office management duties including implementing marketing strategies to increase client load.

Balboa City School, San Diego, California September 2003-March 2004

Psychology Intern (School Counselor): Provided on-call crises counseling to students in 1st-12th grades using behavioral techniques focusing on problem-solving, decision-making and conflict resolution. Provided individual and group counseling incorporating behavioral/cognitive-behavioral techniques. Implemented social skills groups for students with Asperger's/Autism. Conducted parent, teacher, and family training sessions in regards to student behavior. Attended weekly staff, individual and group supervision meetings to review and discuss student care and progress, in addition to other logistical issues.

Sharp Mesa Vista Hospital, San Diego, California September 2002-May 2003

Psychology Intern: Provided group therapy to patients 13-18 years old (Adolescent Partial Hospitalization Program – 1st Rotation) in five different milieus including process, cognitive, activity, family, and multi-family orientations. Provided group and individual therapy to

children and teenagers (Inpatient Child/Adolescent Program – 2nd Rotation) in three milieus including process, family, and multi-family orientations. Provided group therapy to adults with a variety of problems on an outpatient basis (Cognitive Intensive Outpatient Program –3rd Rotation). Provided psychotherapy and psychological testing services to patients of a variety of ages and problems based on doctoral referral. Scored, analyzed, and wrote reports based on psychological assessments. Attended daily staff and weekly individual and group supervision meetings to review and discuss current patient care and progress in addition to other logistical issues. Attended monthly supervision meetings in order to specifically go over and assess cases and other pertinent testing issues. Attended weekly seminars in order to continue education about a variety of topics (i.e., forensic psychology, neuropsychology, Rorschach update, etc.) in addition to daily patient charting (PIR: problem, intervention, and response).

Frontier Assessment Services Technologies, Tallahassee, Florida January 2001-May 2002.

Assessment Facilitator: Provided psychological testing and mood assessment in order to aid mental health care professionals in the diagnosis of potential mental health problems. Analyzed test results and provided recommendations based on the results to referring party. Assisted patients with care management programs through the use of comprehensive testing in order to faster diagnose problems to combat and reduce the number of patient visits generally associated with managed care companies. Provided psychiatrists and physicians with accurate diagnostic information in insure proper medicine could be administered without trial and error methods.

School Violence Program, Tallahassee, Florida June 2000-May 2002.

Project Leader: Evaluated empirically based school violence prevention programs implemented during the 1990s through meta-analytic procedures, and presented results through written articles. Planned, organized, and implemented a computer-mediated school violence prevention program based upon the results of meta-analysis with forty fifth-graders (control/treatment) as well as elementary school staff. Tested children and assessed teacher observations through the Behavioral Rating Scale both pre and post program. Analyzed and reported on the impact and results of the program in both dissertation and article format. Supervised three doctorate research assistants.

Tallahassee Memorial Behavioral Health Center- Hospital, Tallahassee, Florida June 2000-May 2002

Intern: Evaluated children, adolescents and adults in an inpatient facility through interviews, counseling, and testing including objective and subjective techniques. Made diagnosis and recommendations and wrote reports based on data gathered from clients and clients' families. Evaluated adults at Memory Disorder Clinic (outpatient facility) through interviews, counseling, and testing using objective techniques. Attended weekly staff and supervision meetings to discuss current clients with other pertinent hospital personnel. Implemented groups on a weekly basis based upon specific diagnosis of current inpatient youth.

Associates in Wellness, Private Practice, Thomasville, Georgia June 2000-June 2001.

Psychometrist: Interviewed and assessed clients for disability evaluations and intelligence and achievement levels. Made diagnoses and recommendations for clients and clients' families

based off data gathered. Attended weekly supervision meetings for client consultation.

Adult Learning Center, Florida State University, Tallahassee, Florida August 2000-May 2001.

Examiner: Interviewed and evaluated college students for possible learning disabilities. Wrote reports based on data gathered and made further diagnoses and recommendations based on reports. Attended weekly supervision meetings for client consultation, including explanation of reports and feedback to students.

Center for Autism, Tallahassee, Florida August 2000-May 2001.

Group Leader: Planned and implemented weekly social skill interventions for both elementary and middle school aged groups. Monitored progress of autistic children and adolescents in addition to other group members within social skills programs. Informed parents, teachers, aides, and other pertinent personnel of student progress. Attended weekly supervision meetings for group consultation and to discuss groups' progress. Created social skills intervention curriculum for future facilitators.

Florida State University, Tallahassee, Florida January 2000-May 2000.

Beginning Counseling Group Leader: Conducted weekly discussion and lecture sessions with undergraduates in regards to beginning counseling skills. Facilitated and critiqued mock role-plays in which students could practice newly acquired skills. Attended weekly supervision meetings to discuss role-play critiques and student progress.

Florida State University, Tallahassee, Florida January 2000-May 2000.

Interpersonal Effectiveness Instructor: Planned and implemented curriculum for undergraduate classes, including topics such as trust, self-disclosure, interpersonal skills, communication skills, expressing verbal and non-verbal feelings, listening and responding skills, interpersonal conflicts, anger, stress, and diverse relationships. Critiqued and graded personal journals, class projects, papers, and exams. Prepared and proctored midterm and final examinations in addition to facilitating class discussions and activities.

Florida State University Truancy/Dropout Prevention Program, Tallahassee, Florida January 2000-May 2000.

Graduate Assistant: Planned, organized and implemented a truancy/dropout prevention program at an elementary school in Leon County, Florida. Attended weekly meetings for program staff, as well as school meetings for SAC, PTA, and the Family Committee. Investigated other programs throughout the country in order to write an extensive literature review on truancy/dropout prevention. Planned, organized, and implemented rules, routines, behavior modification, social skills, conflict resolution, and parent/community involvement programs at said elementary school in conjunction with program. Conducted periodic evaluative analysis of program by collecting outcome measures and comparing them to another control school in Leon County, Florida.

Florida State University Career Center, Tallahassee, Florida August 1999-April 2000.

Doctoral Practicum Career Advisor: Conducted initial assessments with the Career Thoughts Inventory (CIT), in addition to other assessments such as the MMPO, Self-Directed Search (SDS), My Vocational Situation (MVS), SIGI-Plus, Discover, and Choices. Interpreted and advised on said assessments with clients. Counseled clients with career and mental health issues. Attended weekly client case presentations and weekly supervision meetings to discuss clients' progress.

Florida State University, Introduction to Counseling Theories and Techniques, Tallahassee, Florida August 1999-December 1999.

Teaching Assistant: Researched and planned midterm and final exams. Critiqued and graded counseling theory papers. Taught counseling theory classes when professor was absent. Helped students prepare for exams and papers.

Florida State University, Tallahassee, Florida August 1999-October 1999.

Freshman Year Experience Instructor: Planned and implemented curriculum for introducing freshman to Florida State University (FSU), including topics such as study skills, drug and alcohol awareness, sexuality, critical thinking and writing, time management, learning skills, and various other themes. Planned field trips to reinforce said topics to places such as the FSU Health Center, Career Center, and Library. Mentored first year students through modeling appropriate behavior and by offering advice and support.

Health South Rehab, Tallahassee, Florida May 1999-August 1999.

Doctoral Practicum Counselor: Led an advanced coping skills group for spinal cord and brain injury patients. Conducted initial functional and mental status evaluations of inpatients using a variety of rehabilitation diagnoses. Used assessments such as the Cognistat, Dementia Rating Scale, and Beck Depression Inventory. Formed comprehensive family and psychosocial histories of each patient. Performed follow-ups with patients for individual counseling, further evaluation, and other therapies such as physical, occupational, and speech therapy. Attended weekly staff meetings to discuss patients' treatment and discharge plans.

Florida State University, Pre-Practicum, Tallahassee, Florida January 1999-April 1999.

Supervisor: Reviewed counseling tapes of first-year graduate students, and advised students on strengths and weaknesses of counseling techniques. Instructed students on using different counseling techniques. Attended weekly supervision meetings to discuss students' progress.

Florida State University, Introduction to Counseling Theories and Techniques, Tallahassee, Florida August 1998-December 1998.

Group Leader: Instructed and supervised first-year graduate students on applying counseling theories and techniques with real clients. Planned and discussed content of counseling class.

Reviewed basic counseling procedures such as intakes, notes, and plans. Attended weekly supervision meetings to discuss class progress.

Quincy Retirement Center, Quincy, Florida August 1998-December 1999.

Group Leader: Led groups of retired women in discussions on topics such as aging, family, death, sickness, life, happiness, art, music, transitions, health, and medicine. Attended weekly supervision meetings to discuss clients' progress.

Boys and Girls Club, Tallahassee, Florida August 1997-April 1999.

Project KICK Leader: Planned, organized, and implemented interventions for students in elementary through high school. Tutored and mentored elementary, middle, and high school students. Created and implemented a curriculum on topics such as social skills, conflict resolution, coping skills, and time management. Proposed and researched parental influences on students. Tested students on interventions for research purposes and analyzed test results with statistical techniques. Prepared grant proposals, various descriptive articles, and a book chapter based on statistical results. Attended weekly staff meetings.

TEACHING EXPERIENCE

Senior AP Psychology Class, Tampa Preparatory School, Tampa Florida
January 2005-May 2007.

Adult Learning Center, Florida State University, Tallahassee, Florida
August 2000-May 2001.

Beginning Counseling Group Leader, Florida State University, Tallahassee, Florida
January 2000-May 2000.

Interpersonal Effectiveness Instructor, Florida State University, Tallahassee, Florida
January 2000-May 2000.

Truancy/Dropout Prevention Program, Florida State University, Tallahassee, Florida
January 2000-May 2000.

Doctoral Practicum Career Advisor, Florida State University Career Center, Tallahassee, Florida
August 1999-April 2000.

Introduction to Counseling Theories and Techniques, Florida State University, Tallahassee, Florida
August 1999-December 1999.

Freshman Year Experience, Florida State University, Tallahassee, Florida
August 1999-October 1999

Pre-Practicum, Florida State University, Tallahassee, Florida
January 1999-April 1999

Introduction to Counseling Theories and Techniques, Florida State University, Tallahassee, Florida
August 1998-December 1998

RESEARCH, PRESENTATIONS, WORKSHOPS AND PUBLICATIONS

GRANT WRITING

Grant Committee: The study of the sexual behaviors of teenagers with MH, SLD, and EH (1997-1998).

Project KICK: The study and intervention with children K-12 on a variety of at-risk issues, such as drugs and alcohol, social skills, conflict resolution, anger management, self-esteem, etc. (1997-1999).

Truancy Project: The study and intervention of elementary school truancy (1999-2000).

School Violence Prevention Program: The study of computer-mediated school violence prevention program teaching anger management and conflict resolution (2001-2002).

PRESENTATIONS

Prevatt, F., Kelly, D., & **Scheckner, S.** (1999). An Elementary School Truancy Intervention Program. FASP. West Palm Beach.

Scheckner, S. (2002). School Violence in Children and Adolescents: A Meta-Analysis Of the Effectiveness of Current Interventions. AERA. New Orleans.

Scheckner, S. (2002). School Violence in Children and Adolescents: A Meta-Analysis Of the Effectiveness of Current Interventions. National Youth At-Risk Conference, Savannah.

Play Therapy Seminar: (2010) Counseling Parents During The Therapeutic Process - An Integrative Approach

Corporate Training for Genzyme Employees: (2011) How to Understand Projection To Effectively Communicate With Other Professionals

WORKSHOPS

Raising Resilient Adults: How to Deal with Bullying: (2012) presented two free community workshops in North and South Tampa explaining to parents the latest research in bullying, what is bullying and what it isn't, how to not let your child be a victim, and the normal socialization process

How All Children Are Gifted in Their Own Way: (2012) presented two free community workshops in North and South Tampa explaining how all children are gifted, how to assess giftedness, different types of giftedness, problems with giftedness, and how to parent accordingly

Self-Esteem Building: (2012) presented two free community workshops in North and South Tampa explaining why there is a fine line between good discipline and severely impacting a child's overall esteem.

How To Start The New Year Right!: The Do's and Don'ts To Positive Parenting: (2013) Dr. Scheckner, Licensed Clinical Psychologist, will present an all-inclusive workshop covering basic parenting techniques such as how to get your child to follow everyday directions to how to handle difficult situations such as **TANTRUMS!** Please join us for this powerful interactive presentation about how you can effectively discipline your children while still encouraging a positive parent-child relationship. Be ready to learn about a wide range of skills including finding out when is the right parenting moment and when it's time....."to go to the bathroom!" Please join us to find out more about why the bathroom might save your life :-)

How To Help Your Children By Helping Yourself Cope With Stress: What's Healthy and What's Not! (2013) Dr. Stacey Scheckner, Licensed Clinical Psychologist, will present a workshop extremely important to parents of all age children regarding how to appropriately cope with everyday stress without "projecting" stress onto your children. She will talk about "projection" and how to be more conscious of your stress triggers so they do not rub off on your children. Additionally, Dr. Scheckner will help you create your own "remote control" so your children can't push your buttons! Furthermore, she will explain the difference between healthy stress and detrimental anxiety.

The Effects of Media and Technology on Children and How Families Can Cope: (2013) Dr. Scheckner, Licensed Clinical Psychologist, will speak about the pros and cons to the rising use of technology in all facets of home, school, and community life. She will speak about the specific impacts in terms of sleep, peers and socialization, as well as communication, anger management, conflict resolution, problem-solving, and decision making skills. Although there are many more skills our children are adept at doing as opposed to when we were growing up, Dr. Scheckner will explain how to balance those useful strengths without creating future problems.

Getting Kids To Bed And What Gets In The Way: (2013) There are so many other issues to work through with your children, why must bedtime be an issue too?! As we all know, without proper sleep, life can be miserable, especially for a child's brain development. Whether it be school stress, bad weather, or excitement about tomorrow's trip, battling at night time is no fun. This workshop will discuss the causes behind bedtime battles and how to effectively manage them so both you and your child can finally get some much needed sleep!

PUBLICATIONS

Rollin, S. Rubin, R., Ward, D., Brown, A., Wright, J., Painter, C., Cameron, R., & **Scheckner, S.** (1999). A success story of a working consortium: Project Kick. In T.R. Chibucos & R.M. Lerner (Eds.), Serving Children and Families Through Community-University Partnerships: Success Stories, 75-79. Boston, MA: Outreach Scholarship Series.

Scheckner, S., Rollin, S., Kaiser-Ulrey, C., & Wagner, R. (2002). School violence in children and adolescents: A meta-analysis of the effectiveness of current interventions. Journal of School Violence, Volume 2, Article 2.

Scheckner, S. & Rollin, S. (2004). SMART Talk; A computer-mediated preventative school intervention program for children in elementary school. Journal of School Violence. Volume 5. Article 2.

CONTINUING EDUCATION

2000 Florida Psychological Association, Tallahassee, Florida

18-hour workshop over several weeks on scoring/interpretation of Rorschach using Exner scoring system

2001 Florida Psychological Association, Tallahassee, Florida

Treating Domestic Violence, School Violence
Current Legal and Ethical Issues Applicable to Florida Psychologists
Prevention of Medical Errors

2003 San Diego Psychological Association, San Diego, California
California Psychological Law and Ethics Update and Review
Child Abuse
Human Sexuality
Chemical Dependency

2005/2006

Resolving Family Conflict: Innovations, Initiatives and Advanced Skills
Self-Injurious Behavior: Assessment, Treatment and the Recovery Process
Art Therapy and Anxiety: Healing Through Imagery
Turning Bullies Into Buddies: A Quick Powerful and Fun Way to Teach Kids How to Stop Being Victims
The Truth About Children and Divorce
Anxiety Disorders: Research, Diagnosis and Treatment
Crisis Debriefing for Youths and Adults: Effective Techniques to Help Survivors of Crises
Cognitive-Behavioral Therapy: The Basics of Helping People Get Better
Autism: "Building Bridges from Isolation to Interaction"
Multiple Perspectives on Children's Learning, Behavior, and Development
Preventing Medical Errors for Mental Health Professionals
Domestic Violence Update

2006/2007

Bipolar Disorder: A New Slant on The Disorder
The Mentally Ill Offender: Assessment and Treatment Using Forensic Psychology Skills
Parenting with Love and Limits: How To Train Parents of Defiant Children and Teens
Tools to Assist The Dying, The Grieving, and Those Who Love Them
Couples Counseling: Effective Techniques to Create Harmony and Strengthen Relationships
Mindfulness and the Helping Relationship: Deepening Your Therapeutic Presence

2008/2009

Ethics and Laws for the Helping Professional
Preventing Medical Errors for Mental Health Professionals
Domestic Violence Update
Spirituality and Care of the Soul in Psychotherapy
His Brain/Her Brain
Overindulged Children and Conduct Disorder: Treating Overindulgent Families

2010/2011

Kundalini Yoga Mediation Techniques and Protocols Specific for Treating GAD, OCD, Addictions, Impulse Control, Eating Disorders, MDD, Bipolar Disorders, ADHD, Co-

morbid Disorders and PTSD
Preventing Compassion Fatigue: What's In Your Cup?
Fear and Loathing in Cyberspace
Psychopaths Among Us – Assessment and Treatment Issues In Helping Victims
Adaptation in a Changing Mental Health Marketplace: Opportunities for Early Career
Psychologists and Established Psychologists
Psychopaths Among Us – Identification and Assessment in Helping Victims
Generating Credible Information for the Court Regarding Parental Alienation
Ethics and Laws for the Helping Professional
Domestic Violence Update
Preventing Medical Errors

2012/2013

American Psychological Association 120th Annual Convention 2012
Symposium: Adolescent Culpability and Supreme Court-Challenges to the Use of Social
Science in Advocacy
Symposium: Psychologist and Parent-Seeking a Healthy Balance
Invited Address: Therapy for the Therapists-Empirical Findings, Personal Narratives
Symposium: Resilience Across the Life Span
Invited Address: Plenary-Drew I. Westen, PhD-The Psychology of Dysfunctional Democracy:
Where's Franklin Roosevelt When You Need Him?
Invited Address: Plenary-Howard Gardner, PhD-Theory of Multiple Intelligences:
Reflections on the First 30 Years of Speculations About Future Developments
Invited Address: Plenary-Elke U. Weber, PhD-Query Theory: Knowing What We Want by
Arguing With Ourselves
Invited Address: Master Lecture-George F. Koob, PhD-
Neurobiology of Addiction: A Reward Deficit and Stress Surfeit Disorder

Florida Psychological Association
Relationships in the Information Age: Women's Choices and Challenges
Healthcare Reform: The Dilemma of Being Special
Common Psychopharmacological Errors: What Are They and How to Prevent Them?
Responsible Psychological Practice
Law 101 (and beyond) for Psychologists
Healthcare Reform, the DSM-V and Other Changes Affecting Child and Family Psychologists
An Introduction to Behavioral Sleep Medicine
Leadership is Everyone's Business

The American Institute of Medical Education
Psychological Studies of Art and Artists Conference in Bangkok, Hong Kong and Bali

2014/2015

Southeastern Eating Disorders Coalition: 5th Annual Conference
The Fourth World Congress on Positive Psychology
Supreme Court Divorce Medication Certification Course

MEDIA CONSULTANT

Expert for various media outlets such as FOX, NBC, Daytime Show on subjects such as parenting, bullying, school violence, coping skills, and learning. Please view website www.happycounseling.com for full media footage.

Cyberbullying

Dr. Scheckner talks about new Florida Legislation allowing schools to punish students who are using media such as Facebook, texting, Instagram, etc to bully other students. She discusses how this will not take care of the problem, or as she calls “normal socialization” – learning to solve conflict, as it doesn’t get to the root cause of bullying nor does it help the “bullies” who are actually victims as well. Lastly, she explains how in turn this begins to raise victims in our society instead of resilient adults.

What is Bullying

Dr. Scheckner uses specific real life examples in explaining the difference between normal socialization development and actual bullying. In addition, Dr. Scheckner describes the appropriate ways each family/school should be coping with the particular "bullying" situation.

Bullying - What To Do About It

Dr. Scheckner describes why current bullying prevention programs are not effective and how to help children handle bullying by teaching them not to be victims. Dr. Scheckner also describes the process of why bullying is becoming a larger problem than it actually is and what parents/schools can do to empower all children to handle it better.

Parental Role Modeling: School Shootings and Your Kids

Dr. Scheckner explores the reasons behind a school shooting as well as what parents, teachers, and the community can do to prevent another tragedy like this from occurring. In addition, she explains how adults can now help children cope with the aftermath of this crisis.

Parenting: How To Cope With Crying and Other Triggers

Dr. Scheckner talks about how parents can understand what triggers their anger and then appropriately cope with their emotional responses before parenting their child. She also talks about when to reach out for help in the community and where to find that help.

The Power of Positive Thinking and Tim Tebow

Dr. Scheckner talks about the power our thoughts have over our emotions, actions and thus everyday life happiness.

NBC News: Warning Signs

Dr. Scheckner continues to educate everyone to increase awareness of the difference between normal and dysfunctional emotional development and how to get help before a crisis occurs.

FOX NEWS: Warning Signs

Dr. Scheckner speaks about how parents, schools, and the community at large can be aware of the red flags commonly associated with violent acting out. In addition, she discusses how to

appropriately cope with the aftermath of a crisis.

Possible High School Bombing Avoided

Dr. Scheckner talks about a local Tampa Bay crisis regarding a depressed teenager's violent acting out.

To All Helicopter Parents

Dr. Scheckner asks all parents to really think about what they want their children to learn in the long-run while still maintaining a life-long positive relationship with them.

The Psychology of Making Effective Decisions About Your Money In Today's Economy

Dr. Scheckner discusses how to cope and to use your 'frontal lobe' to make important decisions about your investments in an age where your 'amygdala' produces so much anxiety you might be pushed into "fight or flight" mode.

Parents, Loosen Up

Dr. Scheckner asks all parents to really think about what they want their children to learn in the long-run while still maintaining a life-long positive relationship with them.

Unconventional Parenting

Dr. Scheckner explains where learning takes place (two different parts of the brain - emotion center and IQ center); why shame, guilt, and pressure do not facilitate positive behavior in children and in fact, lowers self-esteem and instead reinforces negative behavior.

Teens Fighting

Dr. Scheckner explains teen aggression in terms of parents indirectly reinforcing negative behaviors by yelling at children when they make mistakes (parents get emotional which blocks learning) instead of just calmly instating rules/consequences without getting emotional (role modeling good anger management) to reinforce positive behaviors.

Adolescent Violent Crime

Dr. Scheckner discusses how every parent should experience counseling before crises occur to make sure they are not projecting repeat dysfunctional patterns from their own upbringing, onto their children.

Appropriate Parenting Skills

Dr. Scheckner describes five basic steps that can really simplify a parent's life and help a family actually enjoy raising children.

NFL Scandal: Is It REALLY Bullying?!

Dr. Scheckner explains the true definitions of bullying and meanness. She also explains how not to be a victim in life. Furthermore, she discusses how to raise your children to take ownership of their feelings and be in charge of their self-confidence. Lastly, learn how to teach your kids compassion, not to personalize, and different perspectives.

The Match Game

Dr. Stacey Scheckner talks about why new facial recognition techniques used by online dating websites may not work when it comes to attraction and chemistry when trying to find that

perfect match.

Child Abuse

Dr. Scheckner talks about the best forms of child discipline and how spanking does more harm than good.

Family Tragedies

Dr. Scheckner talks about how parents should speak to their children about tragedies such as this grandparent and family murders.

Smart Phones and Your Kids

Watch Dr. Scheckner discuss the age in which children should have cell phones and for what purposes. This is the first segment in which she begins to discuss the pros and cons of different types of technology.

Autistic Boy

Dr. Scheckner discusses how to help one autistic four year-old boy who is dealing with multiple family murders in Hudson, Florida.

Bullying Prevention

Dr. Scheckner talks about the difference between normal socialization and bullying. She describes how parents can help their children be strong and not be victims as well as gain a different perspective and be empathetic to those who are mean. Lastly, she talks about how giving kids the right coping skills to deal with peers will allow them to feel empowered and raise their self-esteem.

Positive Reinforcement Through Rewards

Dr. Scheckner talks about at what age it is and isn't appropriate for all kids to get rewarded. She speaks about how children learn to be good sports and teammates when others achieve. She also discusses the importance for children to learn that everyone has different strengths and winning isn't everything.

How To Help Kids With Anxiety

After having the whole summer off, kids of any age, as well as parents, may have a number of anxieties. Listen to Dr. Scheckner speak about how to identify your child's specific anxiety triggers, how it affects their body physically, and how to teach them appropriate coping skills. In addition, parents will learn how to mirror confidence to their child in the face of anxiety so as not to avoid anxiety but overcome it. Lastly, know when it's time to get professional help.

Coping With College

Dr. Stacey Scheckner joined ABC Action News in studio to give some helpful tips for helping parents and students deal with the new changes in their lives.

PROFESSIONAL AFFILIATIONS

American Psychology Association Annual Membership

Florida Psychological Association Annual Membership