

Meet the Authors of *Positive Discipline in the School and Classroom Teacher's Guide*



Teresa LaSala, a Certified Positive Discipline Lead Trainer, provides workshops, consultation and supportive services in public, private, charter and parochial schools throughout the United States and internationally. She has been a member of the Positive Discipline Association's Board of Directors since 2004 and regularly facilitates Positive Discipline in the Classroom and Parenting with Positive Discipline workshops and certification training's.

Teresa is a Whole Child Faculty Member - Regional Specialist for ASCD (an educational leadership organization). She serves as a School Culture and Climate Field Consultant with The United Way of Northern New Jersey's Youth Empowerment Alliance Program and has received an award from the New Jersey State Department of Education, as part of a team, for implementing a "Role Model Character Education Program" (based on the Positive Discipline Whole School Model). She is a licensed nurse with 23 years of experience in the areas of family and pediatric care, child development, and general medicine. Teresa resides in Denville, NJ with her husband Jim and 2 daughters, Meaghan and Lauren, who have been her greatest joy and teachers.



Jody McVittie, MD, is a Lead Trainer for the Positive Discipline Association. She has been teaching Positive Discipline in the Classroom since 1994. She has consulted for dozens of

schools: public, independent, early childhood, elementary, and secondary. Her work with schools includes trainings in Spanish (Nicaragua) for First Nations Communities (in northern British Columbia) and for a school for the deaf.

Jody received her medical degree from Case Western University and completed a family medicine residency and a fellowship in Modesto California before returning to the Pacific Northwest to practice medicine. More recently she has shifted her focus to broader community issues that impact health outcomes including parenting, education, trauma and the impact of intra-family violence. In 2012, she was honored by the Center for Ethical Leadership with the Bill Grace Legacy award. She the mother of three young adults who have been some of her best teachers. Jody lives in Seattle, Washington.



Suzanne Smitha is a Certified Positive Discipline Lead Trainer who has used Positive Discipline with schools and families since 1991. She earned an M.S. degree from the University of Tennessee and continued advanced studies in North Carolina upon locating there. She served as a licensed school psychologist in a large urban school district for over 35 years, retiring in 2009. She currently works part-time as an educational consultant, providing consultation and training for staffs of public, private, charter and parochial schools as well as parenting education classes in her community. She enjoys travel to be with her two young adult daughters and her two grandchildren. Suzanne served for many years on the board of the Positive Discipline Association, and currently volunteers with community agencies and boards.

