2-Day Live Online Summit: Child and Adolescent Mental Health in an Uncertain Time: Reintegration Strategies for Classroom and Community

Live Session Outlines

Post-Traumatic Play: Using Children's Natural Reparative Strategies to Build Resilience and Hope

Post-Traumatic Play: Principles, Strategies, and Insights

- Identifying and accessing the child’s natural reparative strategies
- The art of walking alongside the child’s process
- How to recognize externalization of concerns, worries, and hurts
- Strategies to help children establish a sense of mastery and control
- The critical role of self-care and self-evaluation

Help Kids Foster Personal Power and Internal Safety: Yoga and Mindfulness Practices for School & Home

Reducing Overwhelm

- Orienting practices to build safety: Layers of Sound, Sensory Check In
- Increasing attuned connection without contact: Imaginary Ball Pass

Soothing the Nervous System

- Grounding practices to manage escalating emotions: Hugging Breath
- Building personal power to reduce anxiety and increase agency: Feeling my Strength

Managing Intrusive Thoughts

- Reducing the intensity of intrusive thoughts and interrupting rumination: Naming My Thoughts
- Replacing fear based thoughts with self-compassion: Kind Wishes
Oppositional Defiance or Faulty Neuroception? Disruptive Behaviors through the Lens of the Polyvagal Theory

Behavior Challenges: Intentional Choice or Stress Response?

- What the Polyvagal Theory brings to the “behavior management” table
- The autonomic nervous system (ANS)
- Neuroception: How children’s brains perceive safety and stress (and what that means for behavior)
- Is ODD a behavior disorder, or a nervous system looking for relational safety?

Clinical Strategies for Building Relational Safety and Security

- Getting started: Matching a given behavior to corresponding ANS pathway
- Discerning between an intentional behavior and a stress response
- Co-regulation, warmth and interpersonal engagement
- How to reach the “unreachable” kids and teens
- What about behavior contracts and incentive plans?

Coping Skills for Kids and Tweens: How to Manage Big Feelings in an Uncertain Time and Beyond

Anxiety, Stress, and Anger in a Pandemic

- Explore how the pandemic has impacted the social and emotional lives of our children
- Why Social Emotional Learning is important now more than ever
- How our needs and windows of tolerance have changed

Coping Skills for Anxiety

- Deep Breathing Ideas
- Mindfulness Strategies
- Relaxation/Calming Activities for Kids

Coping Skills for Stress

- Scheduling to reduce stress
- The importance of play and downtime
- Using your senses to manage stress

Coping Skills for Anger/Frustration

- Understand that anger is often just the tip of the iceberg - a lot of feelings hide beneath
- Safe ways to express anger with movement
- Setting up individual calm down kits for kids
When Worry Shows Up at School: A Primer for Educators, Administrators, and Counselors

Three Key Concepts About Anxiety

- Anxiety is the normal byproduct of an internal alarm system
- Sometimes the alarm is triggered by mistake
- The goal is not to get rid of the alarm system but to learn to respond differently

Recognizing Anxiety at School

- “Normal” versus “problematic” anxiety
- Manifestations of fight, flight or freeze
- The process of anxiety versus the content of anxiety

What is the Worry Loop and Why Does It Matter?

- The “Worry Loop”
- Safety Behaviors “feed” anxiety, keeping it going
- School-based accommodations often inadvertently support Safety Behaviors

How to Create Effective Accommodations

- Making supportive statements (acknowledging and encouraging)
- The role of exposure
- Ensuring that accommodations are beneficial, dynamic, and temporary

The Global Pandemic Through the Lens of Trauma
A global pandemic through the lens of trauma
Helping kids and adolescents experience emotional safety
Ways of keeping traumatized children from re-living past trauma
Creating Psychological Safety in the Face of Uncertainty: Family Based Interventions and Skills

Psychological Safety in the Face of Uncertainty

- Losses and challenges faced by parents today
  - Isolation
  - Lack of stabilizing routines
  - Dysregulated functioning in children
- Reflection and affective regulation skills in parents
- Why psychological safety is needed to develop new skills

Family-Based Interventions and Skills

- Strategies for parents to talk to their children about stress and anxiety
- Demonstrating PACE (playfulness, acceptance, curiosity, empathy)
- Creating a schedule that meets the needs and desires of all family members
- Skills for developing children’s resilience and readiness to turn to parents for support and comfort
- Considerations for tele-mental health therapy

Reframing Children’s Traumatic Experiences: Playful, Embodied Interventions to Restore, Regulate & Connect

Stress response patterns as survival strategies

- Hyper- and hypo-arousal and the window of tolerance
- The impact of trauma on somatic experiencing and the sensory system
- Mirror neurons, empathy and connecting with others
- Importance of co-regulation
- Therapeutic powers of play

Applications Suitable for the Treatment of Recent Traumatic Events

Practice and adapt playful and embodied techniques for a variety of settings, abilities & age levels, in order to...

- Restore the capacity to play through games & creative movements
- Increase trust & build healthy attachments through healthy touch
- Integrate dance and music with embodied play therapy principles to decrease dysregulation & improve distress tolerance skills
- Select playful interventions to help children experience the present moment, reducing emotional numbing, depression, and dissociation
- Help children gain mastery over their lives with mindfulness techniques that can reduce intrusive images and “stuck” memories
- Expand capacity for self-awareness with breathing exercises and interoceptive cues
IFS and Parenting: Help Kids Transition Forward to a Calm Centered Place

What IFS Brings to Parenting

- Incorporating parts language in the Family
- Positive intentions of all parts

When Parents Are Not at Their Best

- Reactive moments
- The different triggering scenario’s
- When parents overidentify with their children

Correct It, Don’t Perpetuate It

- Direct access parenting
- Getting to the root of the reactivity
- Connecting with empathy

Improving the Co-Parenting Experience

- When parents aren’t aligned
- Creating a “Triggering Agreement”
- Reactive to Responsive

Adolescence in Crisis: Racial Trauma and Identity (A Trauma-Focused DBT Perspective)

The Racial Trauma Survival Lens

- The impact of racial trauma on the developing mind
- Key features of healthy racial identity and its impact neurologically
- Common defensive survival strategies in racial trauma
- Historical traumatic wounds, hidden wounds, and microaggressions

Racial Trauma-Informed DBT Interventions

- Looking through the racial identity “life worth living” lens
- An ethnopolitical approach to racial trauma
- Utilize DBT to overcome resistance to discussion, racial identity exploration and formation among youth
- Learn how to balance validation, secure attachment, and DBT change strategies