



Managing Anxiety in the Classroom: Cultivating Understanding and Healing

Facilitator(s):	Tania Johnson
Date(s):	<i>This is a multi-day event.</i> <ul style="list-style-type: none">• Day 1: Nov 27, 2019 (8:30 am to 11:30 am)• Day 2: Jan 14, 2020 (6:00 pm to 7:00 pm)
Cost:	\$50.00
Locations:	<i>This event has multiple locations.</i> <ul style="list-style-type: none">• Day 1: Sherwood Park (Elk Island Catholic Schools) 310 Broadview Road• Day 2: Virtual
Session Code:	20-MH-142

Target Audience

K-12 teachers

Also Recommended For

Educational assistants

About this Learning Opportunity

Educators are often faced with very unique and challenging issues in the classroom. At any given time, an educator will have students dealing with a variety of issues including trauma, anger/ aggression, anxiety, grief, depression, or self-harm - often these challenges are expressed as negative behaviour in the classroom.

This workshop will help you to decode behaviours, understand the signs of common psychological issues, and empower you with the tools to help bring your students to a place of connection and safety. Educators will leave with a toolbox of strategies to help children who are struggling with relationships in the classroom, anxiety, emotional regulation, depression and attention- based issues. Connection, co-regulation, respectful communication and resilience are central themes in helping you to create a classroom that is inclusive, safe, and deeply accepting of all students.

'Classroom Mental Health' is intended to help educators to create a psychologically safe environment for students, but please note, it is not intended to replace the vital work of a Mental Health Professional.

Instructional Objectives:

About the Facilitator(s)

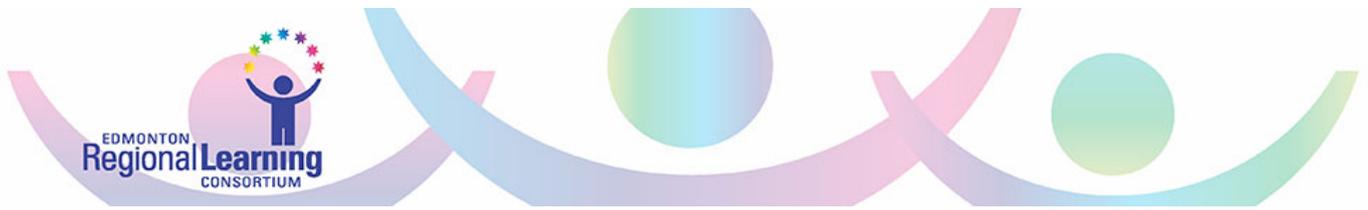
Tania Johnson | Registered Psychologist, Registered Play Therapist

I am a Registered Psychologist, Registered Play Therapist and one of the Co-founders of the Institute of Child Psychology. I grew up in South Africa and have had the opportunity to travel extensively, including living and working in Asia for several years. I have a deep respect for cultural diversity. In 2006-2007, I was the recipient of an International Internship at "Cancer Treatment Centers of America" where I provided ongoing support

for individuals diagnosed with advanced stages of cancer. This experience ingrained within me the vital connection between the mind and the body.

In 2012, I received my Masters of Counselling from City University of Seattle. During my Master's degree, I worked both on the front lines and as a counsellor with foster and adoptive families who faced a range of emotional, behavioural and cognitive challenges.

Since completing my degree, I have worked in a private practice setting with children, teens, adults and families. My



- Discuss the role of attachment in creating safe classroom environments
- Explore how physical classroom environments (lighting, seating and decor) impact student success
- Identify common psychological issues experienced by students
- Connect “red flag behaviours” with deeper issues
- Create a toolbox of strategies to help children struggling with anxiety, regulation, depression, attentional - based issues and relationships
- Explore the Importance of Self-care for Educators

Follow-up Webinar (January 14, 2020)

Our live sessions are packed with the latest tools and strategies to help the students in your class thrive! We want to help you to create lasting changes...and one of the ways to do that is to follow up and give you a space to have your questions answered! Once you have had time to apply the strategies in a classroom context, we invite you to email info@instituteofchildpsychology.com with your questions and reflections. The instructor will answer your questions, provide further insight and give additional resources. Knowledge is powerful, let's BE the change for our youth.

Participants will be required to email in questions a week before the webinar.

This session addresses the TQS competencies

- #1: *Fostering Effective Relationships*
- #2: *Engaging in Career-Long Learning*
- #3: *Demonstrating a Professional Body of Knowledge*
- #4: *Establishing Inclusive Learning Environments*

This learning opportunity is being subsidized through funding from Alberta Education.

work with the Institute of Child Psychology has given me the opportunity to present to parents, professionals and caregivers on topics pertaining to children's mental health. I currently specialize in working specifically with parenting issues.

I work primarily from an attachment based perspective. This means that I work with clients to explore how early relationships impact how we come to understand our self, other people and the world.

It is an honour to work with clients and families to create a space for lasting change. I endeavour to always approach my clients with respect, honesty, integrity and warmth.