



Emotional De-escalation especially During COVID-19

Facilitator(s):	Sue Huff
Date:	April 08, 2020
Time:	1:00 pm – 2:15 pm
Cost:	No charge
Location:	Virtual
Type:	Webinar
Session Code:	20-MH-318

Target Audience

Teachers K - 12; School-based Administrators; Support Staff; Educational/Instructional Assistants

Also Recommended For

Instructional/Learning Coaches; Parents; Inclusive Learning Teachers; District Leaders/Consultants; Specialists who work directly with students; Para-educators and teams who serve children and youth

About this Learning Opportunity

This webinar will cover what is happening in the brain when it is flooded with emotion, why our typical responses may not be serving us well (or even escalating emotions!), and why emotion coaching is highly effective in helping others return to a more flexible, and receptive state of mind. This learning opportunity is especially useful for teachers, parents, administrators, and front line workers who are confronted with the emotional dysregulation of others and aren't sure what to say or do to help the situation. By the end of this 75-minute webinar, you will have a valuable tool to strengthen your capacity to help others process intense emotions.

At the conclusion, participants will have:

- a quick and effective strategy
- insight into what is happening in the brain when a person is flooded with emotion and why they can't learn, receive direction or support
- a deeper understanding of their own strengths and weaknesses when dealing with the emotion of others
- access to additional resources, including free webinars, to reinforce skills
- the ability to role model this approach at work, at home and in the community, creating ripples of positive change

This workshop was developed by Dr. Adele Lafrance, who

About the Facilitator(s)

Sue Huff is a skilled presenter who brings a wealth of experience to her work. She is the former Executive Director for the Eating Disorder Support Network of Alberta, former Trustee with Edmonton Public School Board, the author of *The Book of Hope*, and has been trained in Emotion-Focused Family Therapy, Mediation, Conflict Resolution and Restorative Justice Practice. She has also worked as a professional actress, an award-winning writer for television, and director for the National Film Board of Canada. Most importantly, she is the parent of a child who has recovered from Anorexia Nervosa and counts the skill embedded in this workshop as the single most powerful tool she has as a parent to help her child process and regulate the powerful emotions associated with this mental illness.

Follow her on [Twitter!](#) [@suehuff](#)



has a PhD in Child and Clinical Psychology and runs Mental Health Foundations. After working for many years with Canadian school boards as a psychologist, Adele developed this quick and effective de-escalation tool for teachers in direct response to their classroom needs as well as their feelings of burnout. Sue Huff is currently authorized to deliver this workshop by Dr. Adele Lafrance, co-director of Mental Health Foundations.

This session addresses the LQS competencies

- #1: *Fostering Effective Relationships*
- #2: *Modeling Commitment to Professional Learning*

This session addresses the TQS competencies

- #1: *Fostering Effective Relationships*
- #2: *Engaging in Career-Long Learning*
- #4: *Establishing Inclusive Learning Environments*

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