

Understanding Behaviors: Decoding Dysregulated vs. Disruptive

Facilitator(s):	Kelly Maxwell
Date:	April 11, 2024
Time:	4:30 pm – 5:30 pm
Cost:	
Location:	Virtual
Type:	Webinar
Session Code:	24-MH-359

Target Audience

Teachers, Educational/Instructional Assistants, Administrators

About this Learning Opportunity

Are you tired of viewing all behaviors as intentional choices made by children (and even some adults)? Dealing with challenging behaviors can be draining, and sometimes it feels like you're being targeted. But here's a fresh perspective: let's explore how anger might be a mask for deeper emotions. In this session, you'll embark on a journey to discover a new way of interpreting, reflecting, and responding to behaviors. Prepare to be challenged as we encourage you to consider that what you hear and see may be a cry for help or understanding. Learn the invaluable skill of listening with compassionate curiosity. It won't be easy, but the rewards are truly worth it! Together, let's unlock the transformative power of empathy and create a more supportive environment for all.

About the Facilitator(s)

Kelly Maxwell

Kelly Maxwell has a Bachelor's and Master's of Education from the University of Alberta and has been an elementary school teacher for 32 years. She has also completed training in the teaching of Dialectical Behavior Therapy or DBT Skills.

Kelly is passionate about sharing DBT-informed skills with educators because of how they transformed her mental health and her relationships with her family and students. These skills allowed her to better connect with students, de-escalate tense situations and transform her classroom. It also led her to co-found a unique non-profit organization called SILA Skills, which brings these skills to the workplace. SILA = Skills In Life for All. That is their mission - bring skills to everyone so they can be more effective with the people they serve.

With a candid, engaging style, Kelly uses real-life examples from her personal and professional experience to bring her teaching to life. Kelly first learned about DBT Skills when she was searching for something to help communicate with her son, Tom, who had been diagnosed with schizoaffective disorder. She saw immediately how these skills could be used in her classroom. The kids' emotional needs were huge, and the impact on her classroom was immediate.

Learn how you can do the same in your classroom!