

Breaking the Ice: Empowering Strategies to Support Anxiety

Facilitator(s):	Kelly Maxwell
Date:	April 18, 2024
Time:	4:30 pm – 5:30 pm
Cost:	
Location:	Virtual
Type:	Webinar
Session Code:	24-MH-360

Target Audience

Teachers, Educational/Instructional Assistants, Administrators

About this Learning Opportunity

Have you ever heard of the term 'flipped lid' to describe overwhelming emotions? It affects people of all ages! When emotions surge, the amygdala kicks in, triggering fight, flight, or freeze responses that can become deafening. Students trapped in the freeze response pose unique challenges. But fear not, this session is here to help! Discover the power of DBT skills in melting away emotional barriers and preventing future occurrences. Understanding the concept of validation is a valuable asset for all attendees. Join us as we embark on a transformative journey of emotional empowerment. Let's thaw the freeze and create a brighter future together!

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!