



Annual Conference 2019 – Ancaster, ON

Resilience in Education: Building Confidence & Competence

Friday – March 29, 2019

7:00 – 7:30pm Registration & Live Music

7:30 – 8:00pm **SESSION I – General Session**

What's New at NILD Canada? – Mary-Lou Maclean, NILD Canada Executive Director

8:00 – 8:30pm **DESSERT Social**

8:30 – 9:15pm **SESSION II – General Session**

Brain Power – Giving Children the Edge – Michelle Hogeterp, RP, RMFT

It is very important for students (and their parents and teachers) to learn how their brain works in order to help them develop skills of regulation and resilience. As families and caregivers grow in this understanding, they are empowered to navigate the realm of neuro differences. As a parent and psycho-therapist, Michelle will share strategies and real-life stories of how to empower children and their families!

9:15 – 9:30pm **Closing**

Saturday – March 30, 2019

7:30 – 8:00am **Conference Registration**

8:00 – 9:15am **SESSION III– General Session**

Nurturing Confidence and Competence – Mary-Lou Maclean, M.S., PCET, CDT

Louisa May Alcott once said, “I’m not afraid of storms, for I’m learning how to sail my ship.” For many of our children, daily stress and anxiety compromises their current learning and future success as they truly are “afraid of the storms.” It is possible to help these children develop the inner resilience to meet the challenges of their daily lives, both academically and emotionally. Together we will unpack strategies in this workshop that will help our struggling students to “sail their ships” with confidence, purpose, empathy and competence.

9:15 – 9:30am **Refreshment Break**

9:30 – 10:30am **SESSION IV – Concurrent Breakout Sessions (2 options)**

1. Blomberg Rhythmic Movement Intro: Reading and Writing Support – Liz Jones-Twomey, B.Ed, BRMT Trainer

Students who struggle with holding a pencil, forming letters, reading, written expression and/or self-regulation often have unintegrated primitive reflexes. In this lively and informative workshop, Liz Jones-Twomey will help us explore the use of playful activities and scientific research to support the integration of the whole brain to assist with reading and writing.

2. Mediation Superpowers– Trix Bradley, M.Ed, PCET

Turn your therapy station, classroom and/or parent/child interaction into a laboratory for learning instead of a stage for producing right answers. Mediated learning experience (MLE) stresses that the quality of interaction between the child and the environment via a human mediator plays a pivotal role in the cognitive development of the individual. Let's learn together how to create quality interactions that produce actively curious, thoughtfully independent and cognitively mature children/students.

10:45 – 11:45am SESSION V – Concurrent Breakout Sessions (3 options)

1. Trauma and Attachment – Michelle Hogeterp, RP, RMFT

Children are born wired to attach to their caregivers. Unfortunately, when kids experience trauma in those early years, their brains get wired differently than if their needs were being met. Optimal learning occurs when children feel safe - how do we change our approaches with children who have experienced trauma to allow them to experience felt safety. This workshop will follow an acronym PACE (playful, accepting, curious, empathic) that helps build connection with children in both parenting and therapy.

2. Educational Therapy Unwrapped – Jon McCloud, PCET

What exactly is in the package? Join Jon as he dives into the package to unveil the strategies of how and why NILD Educational Therapy changes lives! What is so unique about this therapy that makes it life changing? Be prepared to role play as the student and try out some of the techniques yourself. This is your chance to 'see' under the wrapping.

3. Steps to Success: The Power of Mistakes - Rhonda Gorham, PCET

How many students, parents and even educators consider that the goal of learning is to get the right answer? How often do students believe their task is done after an answer is given and feel that thinking is no longer required? This workshop offers a contrasting perspective by helping students see the effect of a good mistake. Let's see mistakes as powerful learning opportunities and stepping stones to success instead of signs of failure.

11:45am – 1:00pm LUNCH

1:00 - 3:15 pm FORMS Technique (for NILD Educational Therapists Only – requires pre-registration)

1:00 – 2:00pm SESSION VI – Concurrent Breakout Sessions (2 options)

1. Fetal Alcohol Spectrum Disorder – Michelle Hogeterp, RP, RMFT

What does FASD look like? Learn about the 10 criteria used to make a diagnosis. How do parents and therapists make accommodations when working with FASD so that we can set kids up for success. Working together as a team to build an external brain of people who understand and support the child/youth with FASD.

2. NILD Educational Therapy Demo – Naomi Cunningham, PCET

By retraining the brain to think more clearly, NILD Educational Therapy maximizes an individual's potential and transforms students into lifelong learners. In this workshop, see a portion of a typical Educational Therapy session with an experienced Educational Therapist.

2:15 – 3:15pm SESSION VII – Concurrent Breakout Sessions (2 options)

1. **Thinking and Spelling: Are they Connected?** – Diane VandeMeent, PCET

This workshop will review the many steps a child thinks through to spell a new word: the sounds he says, the way to print that sound, the meaning of the sounds, and the history of the unique spelling of the words. All these thinking steps are experienced very quickly, and we are privileged in educational therapy to help a student improve in each area by using the Blue Book with all the components.

2. **Self-Regulation** – Diane Geerlinks, PCET

Learning to self-regulate your emotions may take more brain power than you think! When we are in 'fight or flight', our reserves are drained, and our pre-frontal cortex is side-lined. We simply are not thinking clearly! In this workshop, Diane will help us learn how to identify the possible stressors for our students and consider some strategies to help them navigate these emotions.

3:15 – 3:45pm Refreshment Break

3:45 – 5:00 pm SESSION VIII – General Session

The Role of Shame – Michelle Hogeterp, RP, RMFT

Children who get diagnosed with an LD often live with the shame because they don't learn the way their peers do. Oftentimes this leaves them feeling "stupid." When the shame system gets triggered what we as adults (teachers, parents, therapists) see is anger. However, the "shield of shame" teaches us that children are using anger and avoidance to keep those shameful feelings at bay. In this workshop we will learn some helpful strategies to take a detour around the shield of shame to enhance our relationships and promote learning.

5:00 pm Closing