



# BC CEC Winter Workshop: Virtual Series

## Anxiety, Emotional Regulation and Resiliency

**The following presentations are designed as a webinar series. The ideas presented will build on each other and connect the relationship between anxiety and distress, emotion regulation and resiliency.**

**Thursday, February 24th 3:30-4:30**

### **When the Alarm is Set to "ON": Understanding Anxiety in the Context of Covid-19**

This presentation assists teachers and parents in gaining a deeper understanding of a child's experience of anxiety. We address such questions as: What is anxiety? How has the current context of the pandemic impacted children and their nervous system? Is a child's anxiety normal or is this an anxiety disorder? When should I seek professional help? The goal of this presentation is to equip teachers and parents with information to better understand what is happening "under the hood" when anxiety takes over. We also discuss ways that teachers and parents can take better care of themselves in the process.

**Thursday, March 31st 3:30-4:30**

### **Managing Big Feelings: Supporting the Shift from Melt-down to Cool-down**

Emotion regulation has become a recent focus in field of psychology, as evidenced by social-emotional learning curriculum addressed in our schools. What is emotion regulation? And how do we instill this important skill in our children as they grow? This presentation will introduce the concept of emotion regulation as well as offer strategies for teachers and parents to support children in processing their emotional distress, including feelings of anxiety. In a nutshell, we will discuss ways we can support our children to better manage their big feelings while at the very same time, we regulate our own feelings in response.

**Thursday, April 28th 3:30-4:30**

### **Fostering Resiliency in Children: Adaptation Skills for Handling Hard Things**

The focus of this presentation is on resiliency, which is the capacity to adapt or bounce back from adversity. We will discuss the window of tolerance in the context of our nervous system, and ways we can support our children in increasing their flexibility. The theories of attribution style and the locus on control will be defined and explored. Understanding these models will help you better understand a child's brain and assess their current level of resiliency. Teachers and parents will be equipped with ideas about concrete ways to support building the foundation of resiliency, including how to talk to children to help them reframe their perception of the obstacles they encounter.

## **About Our Presenter: Michelle Srdanovic M.A., R.C.C**



Michelle Srdanovic is a Registered Clinical Counsellor with a Bachelor of Arts Degree in Psychology (1999) and Master of Arts Degree in Counselling Psychology. She works primarily with families and couples who are navigating the impact of anxiety, historical trauma, and challenging patterns in relationships. She is trained in Trauma-Informed Stabilization Treatment (TIST), Emotion-Focused Therapy for Couples and Families (EFT), Gottman Couple's Therapy, Expressive Play Therapy and Narrative Therapy. Generally, her clinical approach is informed by an understanding of neurobiology and attachment. In the past, she was a Board Member for the BC Play Therapy Association (BCPTA) and a supervisor for graduate students in the field of Counselling Psychology. Currently, she divides her time between private practice, part-time teaching as Faculty at BCIT, and providing supervision to community agencies. She is passionate about connecting with community on important topics that impact families and continues to provide workshops virtually during the unprecedented context of the Covid-19 pandemic.

### **Who Should Attend:**

- K-12 Classroom Teachers
- Learning Assistance / Resource Teachers
- Parents and caregivers
- Other professionals who support students with complex learning needs

**Register  
Today**

**Current BC CEC members-FREE!**

**Non BC CEC members - \$75 CDN for the Webinar Series**

**\*Registration includes a one-year complimentary Basic Membership for the BC CEC**

**Register and Pay Online: [www.BCCEC.org](http://www.BCCEC.org)**

\*A link for the webinars will be sent to registered participants a week before each webinar.

## **About the BC Council for Exceptional Children**

Since its inception, BC CEC has advocated for students with exceptionalities—those with disabilities and special challenges as well as those with gifts and talents. BC CEC is committed to individuals who work with students with exceptionalities—educators, support personnel and parents—recognizing that these dedicated people require tools, resources and professional opportunities to perform their jobs well. BC CEC supports these individuals by providing educational workshops and conferences on leading best practices throughout the year. BC CEC's highlight each year is the YES I CAN! Awards celebration to recognize the outstanding achievements of students with exceptionalities in British Columbia. Students from around the province are recognized in one of seven different categories: academics, arts, athletics, school and community activities, technology, self-advocacy, and transition. Consider nominating a student you know. For more information about the BC Council of Exceptional Children, check out our website – [www.bccec.org](http://www.bccec.org). Like us on Facebook