



BC CEC Fall Workshop: October 21, 2022

Hijacked by Anxiety: Now What?

BC CEC is proud to host this full day, interactive workshop with Registered Clinical Counsellor Michelle Srdanovic.

Registration include access to 2 complimentary webinars, as well as a complimentary 1-year basic membership to the BC CEC!

October 21st, 2022. 9:00-3:00

Professional Day Workshop: Hijacked by Anxiety: Now What?

More than ever, mental health challenges can impact the learning environment in schools, for both teachers and students. This full day experiential workshop will focus on providing practical skills and strategies for navigating the challenge of anxiety. First, Michelle will discuss what is happening “under the hood” in children and teens who are struggling. By exploring the nervous system, we can better understand how anxiety impacts their emotions, their body, and their cognition.

Most of this workshop will then focus on what to do when anxiety becomes a problem. Michelle will introduce the T.E.A.M. method (Teach, Empathize, Approach, Model) as a framework for addressing anxiety in the classroom. Using instruction, case examples and opportunities for hands-on practice, the following topics will be explored:

- How to teach children about their nervous systems
- Daily practices to support emotional regulation
- Language to use (and language to avoid) with children who are anxious
- Strategies to address avoidance, negative thinking, and perfectionism
- How to collaborate with parents to support an anxious child or teen
- Concrete resources, such as videos, books, and classroom supplies from K-12

The goal of this workshop is to equip participants with the necessary information, tools, and exercises to support a classroom environment that is hijacked by anxiety.

Complimentary Webinar Series with Workshop Registration

October 6th, 2022: [Pre-Workshop Webinar. 3:30-4:30](#)

Pre-Workshop Webinar: Recognizing the Complexity of Anxiety

In this introductory webinar, we will explore how to recognize the presence of anxiety in children and teens. Michelle will discuss the diagnostic categories of anxiety, and how these relate to developmental milestones as a child grows into adolescence. We will identify ways in which anxiety can overlap with neurodivergence and distinguish anxiety from other kinds of emotional dysregulation. The goal of this webinar is to provide a “nuts-and-bolts” understanding of the experience of anxiety.

November 3rd, 2022: [Post-workshop Webinar. 3:30-4:30](#)

Post Workshop Webinar: Regulating Ourselves in the Face of Anxiety

This post-workshop webinar will focus on the often-unaddressed impact of working with an anxious child or teen; that is, the inevitable impact on you! We will explore the ways in which our own nervous systems may react automatically to anxiety, and ways to maintain calm so we can implement the strategies we’ve learned. Common styles of reacting will be discussed, such as “pushing and protecting”, and” jellyfish and ostrich” parenting. Participants will have a chance for individual self-reflection and goal setting to support their own personal growth.

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 communities 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 Resource Teachers
- Para-educators
- Parents and caregivers
- Other professionals who support students with complex learning needs



**Register
Today**

Current BC CEC members- only \$99!
Non BC CEC members - \$159 CDN for the Series
Register and Pay Online: www.BCCEC.org

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

Registration includes:

- 2 complimentary webinars
- A complimentary one-year Basic Membership for the BC CEC
- Morning tea / coffee
- All workshop handouts

Location:

Holiday Inn Express ® | Metrotown, 4405 Central Boulevard, Burnaby, BC,

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. Like us on Facebook