

Classroom Mental Health: Strategies and Beyond

Presented By: Tammy Schamuhn, Tania Johnson

Date(s):

Tuesday, October 15, 2019
9:00 AM - 3:30 PM

Session Location:

Central Alberta Regional Consortium
8 Page Avenue, Red Deer, AB

Registration Fee:

\$100.00

Audience: Teachers

Grade Level: K-12

About the Session:

Educators are often faced with very unique and challenging issues in the classroom. At any given time, an educator will have students dealing with a variety of issues including trauma, anger/ aggression, anxiety, grief, depression, or self-harm - often these challenges are expressed as negative behaviour in the classroom.

This workshop will help you to decode behaviours, understand the signs of common psychological issues, and empower you with the tools to help bring your students to a place of connection and safety. Educators will leave with a toolbox of strategies to help children who are struggling with relationships in the classroom, anxiety, emotional regulation, depression and attention- based issues. Connection, co-regulation, respectful communication and resilience are central themes in helping you to create a classroom that is inclusive, safe, and deeply accepting of all students.

'Classroom Mental Health' is intended to help educators to create a psychologically safe environment for students, but please note, it is not intended to replace the vital work of a Mental Health Professional.

Instructional Objectives:

- Discuss the role of attachment in creating safe classroom environments
- Explore how physical classroom environments (lighting, seating and decor) impact student success
- Identify common psychological issues experienced by students
- Connect "red flag behaviours" with deeper issues
- Create a toolbox of strategies to help children struggling with anxiety, regulation, depression, attentional - based issues and relationships
- Explore the Importance of Self-care for Educators

About the Presenter(s):

Tammy Schamuhn

I am a Registered Psychologist and Registered Play Therapist. In addition to my training as a therapist, I obtained a Bachelor's Degree in Elementary Education and I worked as an elementary teacher for three local school districts before attending graduate school. Inclusive, I have over 17 years of experience working with children in a professional capacity. I am also the founder and Executive Director of Family Counselling Centres.

I have been working in private practice for the past 7 years in Alberta, primarily with children and their families. I also include animals in my therapy and have developed a canine assisted and equine assisted therapy programs.

I approach my clinical and consultative work with parents and professionals with an attachment and neurobiological lens: all of my work is based on the neurology of the brain and how attachment is integral to adaptive functioning of both children and adults.

I am a passionate, empathetic, and experienced clinician here for my community to help children, teens, and adults heal and grow. I aim to have warm, respectful, and productive relationships with the clients I collaborate with, and I enjoy being part of the positive change that families experience.

Tania Johnson

I am a Registered Psychologist, Registered Play Therapist and one of the Co-founders of the Institute of Child Psychology. I grew up in South Africa and have had the opportunity to travel extensively, including living and working in Asia for several years. I have a

deep respect for cultural diversity. In 2006-2007, I was the recipient of an International Internship at “Cancer Treatment Centers of America” where I provided ongoing support for individuals diagnosed with advanced stages of cancer. This experience ingrained within me the vital connection between the mind and the body.

In 2012, I received my Masters of Counselling from City University of Seattle. During my Master’s degree, I worked both on the front lines and as a counsellor with foster and adoptive families who faced a range of emotional, behavioural and cognitive challenges.

Since completing my degree, I have worked in a private practice setting with children, teens, adults and families. My work with the Institute of Child Psychology has given me the opportunity to present to parents, professionals and caregivers on topics pertaining to children’s mental health. I currently specialize in working specifically with parenting issues.

I work primarily from an attachment based perspective. This means that I work with clients to explore how early relationships impact how we come to understand our self, other people and the world.