

Nurturing the Highly Sensitive Child in Your Classroom & The Impact of Technology on Children and Youth

Presented By: Tammy Schamuhn, Tania Johnson

Date(s):

Wednesday, March 04, 2020
9:00 AM - 3:30 PM

Session Location:

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

Registration Fee:

\$75.00

Audience: Teachers

Grade Level: K-12

About the Session:

A.M.

Does this sound like a child you work with: struggles with emotional reactivity, appears to be impacted by sensory issues, broods over failures, takes things personally, deeply impacted by others emotions, easily withdraws if overwhelmed, thinks deeply about things, deeply rich inner life, doesn't do well with change, highly conscientious, and perceptive?

A highly sensitive child [HSC] is one of the fifteen to twenty percent of children born with a nervous system that is highly aware and quick to react to everything. This makes them quick to grasp subtle changes, prefer to reflect deeply before acting, and generally behave conscientiously. They are also easily overwhelmed by high levels of stimulation, sudden changes, and the emotional distress of others (Aron, 2018).

In this workshop, educators will learn to better understand these children and ways to help them manage in the home and the classroom.

OBJECTIVES:

- Identifying whether a child is highly sensitive
- Exploring struggles that accompany these types of children and possible solutions
- Understanding how teaching style can impact HSC
- Develop strategies to build resiliency in HSC

P.M.

Are you wondering how to handle screen use in your classroom? How much screen-time should you allow every day? What's the impact of technology on a child's ongoing development? Ready for a roadmap on how to maximize the benefits of technology while nurturing a child's emotional, social and cognitive potential?

The use of technology in classrooms has increased rapidly over the past decade. Although helpful in many ways, it has also triggered many questions. In this workshop, educators will explore concrete, researchbased strategies geared to help children and teens manage screen use. This workshop will empower the educators in a child's life to make informed, practical decisions regarding technology use in the classroom.

OBJECTIVES:

- Explore the latest research on how technology impacts child development
- Discuss how technology is changing the emotional and social worlds of our children
- Identify how technology can be used to nurture a child's potential
- Implement a road-map on how to balance technology use at home or in the classroom

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.