



Emotional De-escalation

Facilitator(s):	Sue Huff
Date:	October 24, 2024
Time:	1:00 pm – 3:00 pm
Cost:	
Location:	Virtual
Type:	Webinar
Session Code:	25-IE-005-CARC

Target Audience

Teachers, educational assistants, administrators, parents

About this Learning Opportunity

This is skills-based workshop will teach you how to help someone quickly de-escalate an overwhelming emotion to return to a more rational, flexible and receptive state of mind. This workshop is especially useful for teachers, parents, administrators, and front line workers who are confronted with the emotional dysregulation of others and aren't sure what to say or do to help the situation. This workshop offers something educators will find applicable, relevant, and deeply practical.

About the Facilitator(s)

Sue Huff

Sue is a parent mentor at the Alberta Wellness Center for Eating Disorders (www.albertaWellnessED.com), providing support and coaching for caregivers who have a loved one with an eating disorder. She also has private clients from the USA and across Canada (suehuff.ca/familypeersupport). Sue is the founding Executive Director for the Eating Disorder Support Network of Alberta, author of a book on eating disorders, and the parent of a child who has recovered from Anorexia Nervosa. She is trained in family peer support, emotion focused family therapy, and mediation. Prior to entering the mental health field, Sue had a career as a professional actor, writer and director in theatre, film, TV, and radio. She also did a brief stint as a politician. She lives in Edmonton with her husband and English Setter, Chester.

This learning opportunity is being subsidized through funding from Alberta Education.