

May 4, 2017
6:30pm– 8:30 pm
Chilliwack Secondary School

**Trauma Informed Practice & The Science of Early
Childhood Development: Building Connections,
Building Healthy Brains!**

Kim will provide an introduction to Trauma Informed Practice through the lens of the emerging science of what supports healthy brain development and what can derail brain development.



**Presenter— Kim Hetherington,
Social worker with the Ministry of Children
and Family Development and
Special Needs Consultant.**

Kim has developed an expertise in the science of childhood adversity and its impact on a child's development through her extensive research and training with Dr. Bruce Perry and The Child Trauma Academy; she is now a Certified Neurosequential Model of Therapeutics Clinician which has enhanced her clinical skills in this area. Kim also provides Trauma Informed Care support as a Coach for the Complex Care Intervention (CCI) Program in East Fraser.

May 5, 2017
8:30am– 3:30 pm
Chilliwack Secondary School
46361 Yale Road, Chilliwack

Trauma and the Developing Brain

*Gain knowledge about the brain and the effects of trauma.
Learn strategies that help promote healing and restoration.*



Keynote Presenter: Dr. Tina M. Trudel
Tina M. Trudel, PhD, CBIST is the CEO and Clinical Neuropsychologist for Northeast Evaluation Specialists, providing assessment and rehabilitation at community-based locations throughout New England. She is both a Brain Injury Association of America (BIAA) and North American Brain Injury Society (NABIS) Board member, and author of over 50 brain injury publications. Dr. Trudel is co-editor of the Essential Brain Injury Guide 5.0, a Certified Brain Injury Specialist Trainer, and on the editorial board of the Journal of Life Care Planning.

May 5, 2017

Chilliwack Secondary School,
46361 Yale Road, Chilliwack
Register at childandyouth.com

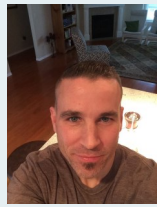
- 8:15 Doors open. Registration.
Coffee service available.
- 8:45 Opening in Grand Hall
- 9-10:15 Keynote – Dr.Tina Trudel
- 10:15-10:30 Coffee Break
- 10:30-11:30 Keynote cont'd
- 11:30-11:45 CYC Report, EDRD award
- 11:45-12:30 Lunch
Special Presentation CCS
Stage Choir
- 12:30 - 2:00 Workshops
- 2:00-2:30 Community Conversation
“Chilliwack a community of caring”
- 2:30-3:15 Lived Experience Panel
- 3:15– 3:30 Closing remarks,
door prizes

The Developing Brain: Trauma and the Potential for Healing



cyc CHILLIWACK
CHILD & YOUTH
COMMITTEE

Conversation on Chilliwack's Children
May 4 and 5, 2017



BEHAVIOUR BRAIN
Mark Vegh, Registered Clinical Counsellor

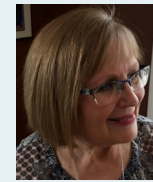
This workshop will present a relatively unique view of behaviour and how behaviour is associated to what the brain is doing. Whereas behaviour is popularly viewed as external action, and internal feelings, thoughts, memories, and images are seen as vague by-products, this workshop will help participants to understand all the internal fog just as practical and measurable as the external. Participants will also gain insight into how the brain influences behaviour and how behaviour can just as easily influence the brain to make changes. This workshop will answer questions: What drives behaviour? How do we ask our brain to be a happier brain? How can we respond to uncomfortable memories, images, and thoughts? How is the brain related to behaviour? How does all this relate to raising our children?



EARLY EXPERIENCES SHAPE OUR FUTURES

Cristal Biela, Adolescent Mental Health Consultant/CYMH and School Liaison

This workshop will present information around the impact of our first years of life on the rest of our lives and will look at stress, the three types of ACEs (Adverse Childhood Experiences), the impact of ACEs on brain development, the health risks associated with high ACE scores and ways to promote resiliency. There is a great need to increase public awareness about this epidemic that we are all intimately connected to, in order to change the future of our community.



SCENTS AND SCIENCE: BREAKING THROUGH BARRIERS TO EMOTIONAL HEALTH USING PURE ESSENTIAL OILS

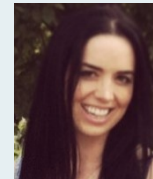
Judy Klassen, long time foster parent

We are complex. Our mind, body and spirit are intimately connected. Through investigation, testimonials, discussion and hands on experience we will learn how essential oils provide natural and safe support in finding health and wholeness.



HISTORIC TRAUMA AND ABORIGINAL HEALING

Molly Willie, Community Wellness Worker, Sto:lo Service Agency



THE PRACTICAL APPLICATION OF PLAY THERAPY IN CHILDREN'S COUNSELLING
Dallas Shirley, Registered Clinical Counsellor

In this experiential workshop, I will show you how I use play therapy to provide children with a safe environment to explore their thoughts and to help them learn how to express their feelings in a healthy way. Through a combination of non-directive and directive techniques, I will show you how you can help children process their emotions and build on their coping skills. In this workshop you will get to eat chocolate, toss around a beach ball, hear a story, juggle balloons, and actually use figurines and a sand/rice tray to learn some of the ways that you can work with kids. I will show you how I help children learn how to change their unhelpful thoughts into helpful thoughts. I will also demonstrate how I talk to children about what happens to their brains when they get upset or angry and what they can do to take control of how they express their feelings. These practical applications of play therapy can be used with children dealing with various issues including, but not limited to, children who have witness and/or experience abuse, and children who are dealing with grief and loss.



BRAIN INJURY IN INFANCY AND EARLY CHILDHOOD

Dr.Nairn Stewart, Specialist in Physical Medicine and Rehabilitation



HELPING KIDS HEAL FROM COMPLEX TRAUMA: KEY LEARNINGS FROM THE COMPLEX CARE AND INTERVENTION (CCI) PROGRAM

Chuck Geddes, Registered Psychologist

I love how the last 10 years of developmental brain science has shed light on what we once saw as absolutely intractable problems in children. I get excited to see a team of caregivers around a child begin to understand trauma principles, apply them in a creative fashion, and rejoice as they see children and youth respond, grow, and heal.



CONCUSSION IN CHILDREN AND YOUTH:RETURN TO SCHOOL

Robyn Littleford, Department Head of the G.F.Strong School Program

This workshop will look at What is a concussion? What does recovery look like? How to manage a concussion. Complicated concussion. Return to school/Return to learn plans.



TRAUMA SENSITIVE SCHOOLS
Brenda Calendino, High Incidence, SD#33

This workshop is designed to help participants develop a deeper understanding of the interconnectedness of issues critical to student success in our schools. This includes a deeper understanding of the importance of developmental relationships, as well as the concepts of compassion, resiliency, and school-community partnerships.



DEVELOPING RESILIENCE

Dr.M.Trudel, Neuropsychologist for North-east Evaluation Specialists



STRATEGIES TO SUPPORT INDIVIDUALS WITH INVISIBLE BRAIN BASED DIFFERENCES, INCLUDING FASD

Danielle Edmondson, Key Worker Fraser Valley Child Development Centre; Malgosia Tomanik, Key Worker Fraser Valley Child Development Centre

Register at childandyouth.com