

Barbara Jones, R.N., M.N.
Recognizing the Signs of Psychosis in Adolescents
Friday 9:00, Willow

This session will inform us of the signs and symptoms, treatment and referral routes for early psychosis.

Bill Bobenic & Cheryl Whittaker
K and E – Learning the Way You Do
Friday 2:00, Black Bear

Bill and Cheryl are committed to success for all students in their educational experience, and have created an environment for K and E students that have made for some very happy and successful learners. Through this interactive session, participants will have an opportunity to look at many ways of working with students who are in K&E classes. Frustration, discouragement, anger, attendance are some of the issues that this session will address.

Bill Bobenic has been a teacher for 33 years and has a Masters' degree in Policy and Administration from the University of Calgary. Currently, he is the Principal at Jack James Senior High School in Calgary.

Cheryl Whittaker is the principal at Dr. Gordon Higgins Junior High in Calgary, Alberta Cheryl has her B Ed. From New Brunswick, and completed her Masters' in Educational Technology at the University of Calgary.

Cathy Tidey
Roadmap to Success
Friday 2:00, Willow

Planning for your future can be overwhelming for anyone and you can help your students plan for their futures. Jump on the *Roadmap to Success* and discover several new innovative resources and tools and look at how students plan to help themselves throughout the school year. We will discuss the various options for students with disabilities and new resources for Aboriginal and Rural students.

Participants will be provided with free resources including information about scholarships, budgeting books, an Aboriginal CD-ROM and more.

Cathy Tidey is a Marketing and Research Specialist with Alberta Advanced Education. She holds a Bachelor degree in Psychology and is avid believer in post-secondary education.

Cheryl Whittaker & Bill Bobenic
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Daphne Wing

An Introduction to Energy Psychology

Friday 2:00, TBA

Daphne will provide a brief theoretical framework of Energy Psychology. She will demonstrate the Emotional Freedom Technique and will include the participants in practical use of it in their own self care. Participants will go away with an understanding of the technique for personal use and for working with students. Psychologists are using EFT with a range of presenting problems effectively, including anxiety, stress, anger and phobias.

Daphne is a Registered Psychologist (1985) in Calgary, Alberta. Her private practice includes counselling areas such as Post-Partum Depression, relationship work, healing management, depression, anger and abuse, etc. Daphne is certified in EMDR and her current work incorporates Energy Psychology.

Debra Mc Adam, Regional Facilitator for the Petroleum Human Resources Council of Canada.
Careers in Oil & Gas: Rich with Potential

Friday 10:30, TBA

This presentation will introduce you to the many and varied careers of the oil and gas industry, it will give you some background information on the petroleum industry so you know where the various jobs and careers fit in, and it will provide you with sources for more petroleum industry and career information.

Counsellors will learn about the Petroleum HR Council and the Canadian petroleum industry. Counsellors will also learn about what it provides, where in Canada it operates, how it works, and what workforce supply and demand issues impact oil and gas employee attraction and retention.

Denise Still

Crisis and Risk Management

Friday 10:30, Cedar

“The nature of crises is changing which adds more issues, and a greater number of questions are posed, which must be attended to in putting together a comprehensive response plan.” This session will be practical in nature and based on past case scenarios. Participants will look at different crises and have the opportunity to discuss ideas on how to respond to increasingly varied and complicated situations in schools.

Denise is a Registered Social Worker and is currently Senior Advisor, Crisis Response and Change Management with the Calgary Board of Education. Denise both trains and co-ordinates the CBE Critical Incident Response Team for more than 15 years. Denise is a qualified national and international trainer in Crisis Response and is a member of the Calgary Association of Professional Coaches.

Glenn Reece

Foundations for Implementing K&E “Programming”

Friday 9:00, Black Bear

K&E Curriculum is now in place for students and schools to implement. However, there are as many questions as answers coming into Guidance about the “series of courses.” Come and find out how the answers connect for successful student programming and which foundations will establish a pattern of student success.

Glenn Reece is currently a K&E Coordinator at Cochrane High School in Cochrane, Alberta.

Jill Russell

Impact of Parental Mental Illness on Child Development

Thursday 12:30, TBA

This session will look at parental mental illness and the impact it has on the stages of child development. It will also explore risk factors and protective factors for impacting children.

Jill Russell has been employed by the Canadian Mental Health Association for over seven years; the last six have been with the Lasting Impressions Program. Lasting Impressions is a partnership program between the Canadian Mental Health Association and Hull Child and Family Services. The focus of this program is to strengthen and support families who are affected by a parent’s mental illness. Jill obtained a Social Work diploma through Mount Royal College in Calgary and enjoys working with children in a variety of capacities.

John Clarke

Cognitive Coaching

Thursday 12:30, Black Bear

Thursday 8:00, Opening Address, Summit/Assiniboine

Cognitive Coaching is a supervisory/peer coaching model that capitalizes upon and enhances cognitive processes. Art Costa and Bob Garmston, the founders of Cognitive Coaching, define it as a set of strategies, a way of thinking and a way of working that invites self and others to shape and reshape their thinking and problem solving capacities. In other words, Cognitive Coaching enables people to modify their capacity to modify themselves. At the heart of Cognitive Coaching is the concept that each of us has resources that enable us to grow and change from within. This session provides an overview of information on the theoretical and research bases of the program and an opportunity for a brief application of introductory skills.

John Clarke has been an educator and an administrator in Calgary, Alberta, Canada for thirty years. He has been the principal of Woodman Junior High School with the Calgary Board of Education for the past nine years. John has also been a motivational speaker and facilitator for the past seventeen years working with educational and corporate audiences across Canada and the United States. John is an agency trainer for the Centre for Cognitive Coaching.

Josh Diamond

Maximizing your Students Post-Secondary Experience

Saturday 9:00, Den

With over 6000 interviews from students at 20 campuses across the country, UTours has information on the current state of university education across the country! This session will discuss what is happening on campus to-date, and how to maximize and prepare for your students post-secondary years.

Josh Diamond and his brothers started UTours to represent the voice of university students and to help high school students learn from first hand experiences.

Dr. Julie Brock

Anxiety Disorders, with Emphasis on Obsessive Compulsive Disorder

Thursday 12:30, Willow

Julie will present a three-hour workshop that will allow participants to look at Anxiety Disorders, specifically, Obsessive Compulsive Disorder, with some depth. She will help participants understand the disorders, learn how to recognize OCD, and work successfully with students who present these behaviours. Dr. Brock will provide practical information, skills, and tools to help you work with your students, who need to worry less and have more of a sense of control in their lives.

Dr. Julie Brock, a registered psychologist, was born and raised in Calgary. Her studies have taken her as far away as Boston, Massachusetts. She is currently in Private Practice in Calgary, and has become known for her skill with clients who experience Anxiety, especially Obsessive Compulsive Disorder.

Karen Lamothe

ALIS: That e-Savvy Gal - What's She up to Now?

Friday 9:00, TBA

The Alberta Learning Information Service (ALIS) Website is going through a major re-organization, which is scheduled to unveil in Spring 2008. This would be a great way to get a heads up on the site changes and how to better use the revised resource with students. ALIS is an authorized curriculum resource for Calm 20, CTS, and a resource to be used under the new Alberta Career Development Strategy: Connecting Learning and Work.

Karen Lamothe, B.Sc. CCDP is an ALIS Project Coordinator and has worked as a Career Development Professional for more than 20 years. Working with youth within the secondary school system and At Risk youth through community programs, she has developed an energetic and enthusiastic presentation style using case scenarios for relevancy.

Kathy MacDonald

Cyber Safety

Friday 9:00, Cedar

Adults face new challenges understanding the new technology that young people use for education and entertainment. This presentation will assist in understanding the dangers lurking for children in chat rooms, in email and while browsing the Internet. This presentation explains the dangers and offers preventative ideas to reduce the vulnerabilities.

Constable Kathy Macdonald is a longstanding member of the Calgary Police Service. She is a featured presenter for the Crime Prevention Unit and specializes in the delivery of crime prevention presentations in the area of Identity Crime, E-Risk for Children and Cyber Crime prevention.

Kevin Elander

Yoga in the Mountains

Friday 7:30, Cedar

Kevin Elander is a licensed acupuncturist, certified Chinese herbalist and yoga instructor — practicing and teaching in Calgary. After receiving his Bachelor of Science degree, Kevin went to Vancouver to study traditional Chinese medicine where he graduated from the International College of Traditional Chinese Medicine (TCM) in 1997. Please see Kevin's website for more information:

<http://www.kevinelanders.com/index.php>.

Wear comfortable clothing and bring your YOGA mat or towel to this session.

Kyle Schalk, MSc

ATA Guidance Council Needs Assessment: Procedures, Results and Recommendations

Friday 9:00, Pine

Recently, the Guidance Council Executive Committee began a process of establishing a strategic plan for advancing guidance and counselling in Alberta. A needs assessment was developed to inform this process. This presentation summarizes the procedures, results and recommendations of the needs assessment report.

Kyle Schalk has extensively worked on this needs assessment for the Guidance Council and has in-depth knowledge about the voice of Alberta Guidance Counsellors.

Marvin Hackman

Confidentiality Issues for Counsellors

Cedar Room – Friday 2:00

This session examines the issue of confidentiality and where guidance counsellors must disclose information from counselling sessions. Exploration of this issue will examine reporting on criminal acts, suicide disclosures and disclosed threat of physical violence to others. What prevails—the counselee's common law privilege to privacy or the right of parents, school administrators and school districts to seek information from a counselling session? Does one's reporting obligation related to pregnancy and abortion advice change in Catholic schools? Obligations under statute—the *Child Welfare Act*, *FOIP Act*, *School Act*, Student Regulation and the *Teaching Profession Act* will be reviewed.

Marvin Hackman is an Executive Assistant in the Member Services Program Area with the Alberta Teachers' Association. Marvin is also the staff officer assigned to the Guidance Council. Marvin provides teachers with representation and advice related to professional problems including evaluation, transfer, suspension and professional relations.

Melinda McNie & Shanneen Goszulak

At-Risk Drug Intervention Program (ARDIS) Return to Learn

Friday 2:00, Den

W.P. Wagner School in Edmonton is in its second year providing the ARDIS program to increase student retention, improve course completion and involve parents and the community in supporting students who have been suspended for drug or alcohol use while at school. We will share the ARDIS program objectives and results to date and provide ideas, resources and strategies that are working.

Melinda McNie is presently a counsellor at W.P. Wagner School with Edmonton Public School Board. She has been counselling in schools since 1990, receiving her Masters of Education in High School Counselling at the University of Alberta in 2003.

Shanneen Goszulak spent the past seven years at W.P. Wagner High School in Edmonton and co-created a Behaviour Support Program, which focussed on addressing the needs of students coded Severe Emotional Behaviour Disorder. Alongside Melinda, she also co-created the At-Risk Drug Intervention Support (ARDIS) Program.

Michael Rousell, Ph.D.

Sudden Influence: Those unpredictable moments when our experience of the world and ourselves in it suddenly and dramatically changes

Friday 9:00, Den

Friday 10:30, Den
Saturday 10:30, TBA

A “Spontaneous Influence Event” or “SIE” can change our world view. Psychologist, Michael Rousell, who studied such events across decades, shows how SIE's - which occur when we are emotionally charged - do occur for to all of us, for better or worse. These events trigger an intense emotional response and activate a mental state of extreme suggestibility. There is thus fertile ground for statements about our worth, abilities, and potential to be implanted solidly in our minds, leading to success or failure, often without our completely comprehending the effect and why it occurred. Rousell explains how the sudden impact of these SIE's disarms our instinctive defence mechanisms and rational thinking processes, leaving us open to instant adoption of new beliefs.

Michael A. Rousell, Ph.D., currently resides in Edmonton, Alberta, working as an instructor and psychologist. His teaching experience spans the entire spectrum: elementary, junior high, high school, undergraduate, and graduate education. His broad counselling experience includes adolescent counselling, family and marriage therapy, addictions, and forensics. He completed his doctoral program at the University of Oregon in 1991. Dr. Rousell spent the next 16 years studying spontaneous influence conditions.

Michell Chaffey & Sharon Cirankewitch

Meeting the Needs of Exceptional Youth in Exceptional Ways -Innovative School Based Projects

Friday 10:30, Pine

AADAC has been able to address the needs of some teen's right in their own schools. What the counsellors do, how this is helpful to students, and how their services can be accessed will be addressed in this session. Of course, as usual, our counselling colleagues at AADAC will provide insight, suggestions, information on the current drug and alcohol scene/challenges for teens, and help participants be more ready for the challenges back at their schools.

Sharon has 16 years experience working with at-risk adolescents and their families. For the past two years she has worked as an Addictions Counsellor with AADAC's Mobile Services Team. The settings in which she has delivered addictions services include: Calgary Young Offender Centre, Children and Family Services HUB Project, Probation Offices, Willow/Enviros Community Programs, and various Calgary Public and Separate Junior High and High Schools.

Michell completed a psychology degree at the University of Alberta became interested in working with youth and began volunteering at the Edmonton Young Offenders Center and the YMCA Enterprise Center Family Ties program. He has worked with diverse clientele in several counselling roles within AADAC including: the Intensive Day Treatment Program, Outpatient Community Treatment Team, “Protection for Children Involved in Prostitution” Protective Safe House, and most recently on the Mobile Services Team.

Michelle Hamilton, M.Ed. (School Counselling)

“Self-care begins with self: How counsellor self awareness may reduce the risk for compassion fatigue and vicarious trauma”

Saturday 9:00, Cedar

Self awareness, including our ability to clearly define our personal and professional identity, is a key aspect of self-care for helping professionals. Recognizing and embracing our personal history, our underlying motives for helping and often times healing our own emotional wounds are critical steps in establishing boundaries and developing a system of self-care that may reduce our risk for compassion fatigue, or vicarious trauma. *This presentation will include an overview of literature describing how*

helping professionals can be psychologically impacted by their work, and will outline strategies that support self-care at the individual, group and organizational level. Self-care is not just an ideal to strive for, but an ethical and professional responsibility for all helping professionals.

Michelle Hamilton is a high school counsellor with seventeen years experience working with troubled youth and families. In addition to counselling, Michelle has been involved in the development and leadership of the school division's Tragic Events Response Team and has recently completed a Master's degree in School Counselling.

Nick Todd, M.Ed., R. Psych.

Coming to Terms with Family Violence: Responses versus Effects

Friday 2:00, Pine

Traditional approaches to family violence emphasize how people are affected by the violence. This effects-based view often constructs a picture of damage and deficiency. In contrast, a response-based view of violence and resistance offers a way to appreciate the proficiency and resourcefulness of those who have experienced or been subjected to violence and abuse. Ideas on talking to both victims and perpetrators of violence will be offered.

Phoenix Deerhawke, M.C.

Adolescent Alcohol Media Literacy Training

Saturday 9:00, TBA

This session will focus on a recent literature review which demonstrates that media is strongly influential in adolescent alcohol consumption. A three-session group, teaching youth to be critical of media messages will be discussed. There will be a strong focus on empowering students to deconstruct the myriad of images they witness daily.

Ronda Knowles, B.A., B.Ed., M.A., R.Psyc.

Adolescent Stress and Its Effects on Learning and Memory

Saturday 9:00, Black Bear

This session will address the myriad of changes experienced by students aged 11-15, specifically of a biological, emotional, social and educational nature. The physiological effects of stress on our students, in addition to normal developmental issues will then be examined. Both acute and chronic stress and their effects on adolescent learning and memory will be explored. Children facing ongoing stress due to parental divorce will be used as a specific issue. Proactive strategies for educators to help students reduce stress, maintain educational performance, and build resiliency will be provided.

Ronda Knowles has worked within the education system in a variety of roles for the past 18 years. She currently works with the CBE, as well as having a private educational and psychological consulting business.

Sabine Ryder, Director, Body Image Works

"What Can We Do?" Adult Roles in the Prevention of Childhood Disordered Eating and Obesity

Friday 10:30, Black Bear

There is an increase in childhood obesity and a trend for normal-weight children to believe they are fat and need to diet. Children as young as 5 are teased about their weight, express concern about their body size, and worry about eating "bad" foods. Such beliefs can sow the seeds for later disordered eating.

The emphasis of this workshop will be on the role of adults (e.g., teachers, parents, health professionals) in the prevention of eating disorders/obesity in young children. Participants will be introduced to a framework that makes the connection between body image and disordered eating. Activities will be drawn from a teaching kit that offers teachers and parents complete lesson plans and classroom materials that address key areas such as healthy behaviours and self-acceptance, media awareness and influences on body image, and bullying or discrimination based on appearance.

Sandi Price

So, You think you're loopy?

Friday 10:30, Willow

Looking for ways to create a personal sense of balance and calm – get in the loop! Looking for a luxurious and tactile pleasure - get in the loop! Sandi, who is definitely loopy, will share with you the many new luxurious yarns and textures for a variety of knitting projects. This is a 'learn to knit' session, but seasoned knitters are welcome. An original accessory (to you) will be made.

Sandi is a passionate knitter and crafter. Her particular delight is knitting felted handbags as well as knitting sweaters and scarves for her grandchildren. As a Home-Ec. /Fashions teacher she has taught many of her students to knit and most recently her 6 year old granddaughter. Knitting as a tactile hobby is both relaxing and rehabilitating for Sandi. Next to her bedside is a book – entitled, *Meditations for Women Who Knit Too Much*. This session will have a limited enrolment and a \$10.00 fee to cover materials.

Dr. Sandra Collins

Growing Up "Gay" in a "Het" World

Thursday 12:30, Cedar

Many gay youth face challenges in establishing a healthy positive identity – not because they are gay – but because most of the world is not! This session explores ways to create an environment that fosters diversity, minimizes risk, and promotes optimal success and wellbeing for lesbian, gay, bisexual, and trans-gendered youth in schools. Guidance counsellors have a key role to play both inside and outside of the counselling office. This workshop will highlight practical strategies and resources to support counsellors, teachers, and administrators to meet the needs of LGBT youth.

Dr. Collins is currently the Director of the Graduate Centre for Applied Psychology at Athabasca University.

Shanneen Goszulak & Melinda McNie

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Dr. Tanya Beran

Sticks and Stones may Break my Bones: but the Internet can Always Hurt Me

Saturday 9:00, Willow

In this session participants will hear up-to-date information on cyber-bullying. With new research emerging in this area, it is important for counsellors to be aware of what we know (and don't yet know) about cyber-bullying. Real life stories about cyber-bullying, current legislation addressing this issue, and strategies to help manage this problem will be discussed.

Dr. Beran is currently a Professor and Psychologist at the University of Calgary.
