



Wyoming School Psychology Association

Spring 2019 Conference

April 25th & 26th

Ramada Plaza Casper Hotel and Conference Center

300 W F St, Casper, WY 82601

Casper, Wyoming

Presenters

April 25th: Dr. Melissa Sadin from *The Attachment & Trauma Network*.

Dr. Sadin's presentation will focus on the different types of childhood trauma and their prevalence. Her presentation will also focus on the learning challenges and behaviors that are the result of trauma, and how to develop plans for addressing them in a trauma-sensitive way through mindfulness practices, resiliency development and executive function support.

April 26th: Karina Delaney and Brooke Jones from *The Random Acts from The Kindness Foundation*.

The Random Acts of Kindness Foundation believes that all people can connect through kindness, which can create a foundation for success in schools and in society. This session introduces a FREE K-8 evidenced based social emotional learning curriculum rooted in kindness and linked to improving academic achievement and school climate, while reducing behavioral issues.

Please visit us at: www.wyschoolpsych.org for more information and registration.

Cost is \$300 for the two days

A block of rooms is being held at the Ramada Plaza Casper at the conference rate of \$65/night

DAY 1

The Attachment and Trauma Network
Creating Trauma-Sensitive Schools
Dr. Melissa Sadin
April 25, 2019

8:30am-10:30am

- Introduction/ Ice breaker – Who would you be?
- Definition of Developmental Trauma
- Realize the prevalence of trauma
 - ACES
 - ACES survey

10:30-10:45am, Break

10:45am–12:00pm

- Recognize the impact of Trauma on learning and behavior
- The Neurobiology of trauma
- Attachment
- Toxic Stress
- Freeze/flight/fight
- Recognize your own triggers

12:00pm-1:15pm, Lunch on your own

1:15pm-2:30pm

- Respond to children with trauma in the classroom
 - Feel safe, be connected, get regulated, and Learn!
 - Strategies for developing a trauma-informed classroom

2:30pm-2:45pm, Break

2:45pm-3:30pm

- Resist Re-traumatization
 - Strategies for supporting children's behavior in the classroom and school-wide
 - From discipline to behavior response

3:30pm-4:00pm

- The data behind trauma-informed care
- Closure Activity – Exit ticket
- Reflections

DAY 2

Random Acts of Kindness Foundation
Cultivating Resilience Through Kindness
Karina Delaney & Brooke Jones
April 26, 2019

8:30am-10:30am

- Welcome!
- Resilience, Kindness and Gratitude

10:30am-10:45am, Break

10:45am-12:00pm

- Why Kindness in the Classroom?
- Kindness in the Classroom Model Lesson: Gossip and Rumors

12:00pm-1:15pm, Lunch on your own

1:15pm-2:15pm

- Educating the Heart
- Unpack A Lesson

2:15pm-2:30pm, Break

2:30pm-3:00pm

- Materials Exploration and Planning
- Closing Activity

3:00pm

- Farewell