

**Agenda for January 20, 2017**

**9:00 am – 3:00 pm**

**Dr. Nancy A. Foster, PhD, LP**

**Tandeski Center**

**1200 Storrs Pond road**

**Winona, MN**

**9:00 am – 11:30 am**

**Morning sessions including:**

- Why can't they Just make a different choice? How trauma changes the brain and the way children process, make sense, and react to the world around them.
- Why children with trauma histories use their behaviors and not their words to communicate. Children with trauma histories use 3 different self-protective behaviors: Flight, Fight, or Freeze.
- The Social, Emotional, and Academic Impact of Trauma. Understanding the role of self-regulation and how it impacts students' ability to engage in a socially appropriate manner and to participate in the learning environment.
- Q & A

**11:30 am – 12:30 pm**

**Lunch (on your own)**

**12:30 pm – 3:00 pm**

**Afternoon sessions including:**

- I am a Prefrontal Cortex: How teachers and support staff can serve as external self-regulators to reduce chronic reactivity.
- Learning to 'read' behaviors and what they are really trying to communicate.
- Simple skills and strategies that can be used in the classroom to help children gain a sense of personal mastery over their highly dysregulated emotions and behaviors.
- Traumatized children are typically raised by traumatized parents: How to handle dysregulated parents.
- Q & A

Please RSVP to [professionaldevelopment@hved.org](mailto:professionaldevelopment@hved.org) no later than Friday, 01/13/17