

Workshops I Do:

#1

Hey, My Brain Doesn't Work That Way!!
Understanding Brain Differences and Sensory Processing,
Teaching Self Regulation, Promoting Stress Management

This is my signature workshop, which has evolved over the past 10 years. We briefly review the role of toxins and drugs to understand why there is such an increase in brain differences in children today. We then explore brain differences and how these affect learning, including areas of brain function and of the stress response system. How Sensory Processing works is explored, particularly with regard to modulation and the neurological threshold continuum. This leads to discussion of self regulation, sensory diet, heavy work, and stress management techniques. It is easiest for me to do in a 2 day format with lots of discussion, or as a full day workshop. I can shorten it somewhat; I can also deliver this as 2 parts, or 2 separate workshops. 2 day - \$1300 1 day - \$900 2 Parts - \$1000 I have also broken this material into three 2-hour sessions.

#1A

Hey, My Brain Doesn't Work That Way!!
Understanding Brain Differences and Sensory Processing,
Teaching Self-Regulation, Promoting Stress Management and Building Resilience

Same as above. Each area is slightly abbreviated in order to talk a little about resilience.

#2

Overview of above Hey, My Brain Doesn't Work That Way!!

In my overview, I outline and cover the same material as my regular workshop, but thin out information until it fits a shorter time frame (i.e. 2.5 hr). Because it does not go as deep, it leaves out ideas and suggestions and 'things to try' while covering main concepts. I generally reference ASD and ADHD in these overviews. 2.5-4 hour - \$600

In the Overview (above), if we limit to 2.5 to 3 hours, I ask you to choose 2 areas of focus:

Brain Differences and How to Make Learning Friendlier to All
Stress Response System and How it Affects Learning and Behaviour
Sensory Processing and Self Regulation
Sensory Strategies to Manage Stress
Building Resilience through sensory pathways & attachment

In these workshops, I will use examples that are relevant to the population you serve. The material is relevant to all ages, all levels of ability. We all share similar neurology. I modify my teaching based on the audience, their interests, and the people they serve. Much of the teaching materials remain the same, but the stories and examples I use change, and this is what brings life to the materials. Using lots of real life examples often triggers people into making connections to themselves or people in their lives. This brings a deeper understanding, one that promotes flexible thinking, new strategies, and mild paradigm shifts.

SHORTER WORKSHOPS

I HAVE ALSO BROKEN MY MATERIAL INTO 3 DIFFERENT (free-standing) WORKSHOPS THAT CAN BE PRESENTED IN 2.5 TO 4 HOURS. The shorter the time, the harder it is for me to thin out the material, and some detail will be omitted. These workshops are great for bringing neuroscience awareness to daily life and very often promote a shift in awareness that will help you generate new and effective strategies that support relationship and development. Each workshop is free-standing, but they do make a great series as well. These topics are very relevant to parents, support workers, teachers, and other professionals who support people. \$500

Brain Differences - Understand brain functions and common brain differences and how they affect learning, behaviour, and the Stress Response System. This talk applies to all brains, explores differences between boy and girl brains, acknowledges the role of toxins and helps to disempower the myth that children "choose" their behaviours. Understanding the brain will give you a different perspective that will change the way you teach, parent, and support developing brains, right through the teenage years, and beyond. I reference the work of Simon Baron Cohen, Michael Gurian, Bruce Perry, and others, as well as basic findings of neurosciences.

Sensory Processing and Self Regulation - This talk focuses on how our nervous system processes sensory information and how sensory processing affects the stress response system and overall brain function. We will also explore ways to support self regulation, including sensory diet strategies. This approach uses the Alert Program or Zones of Regulation to teach and practice natural self regulation. This is not the 'emotional regulation' that does not respect neurology and development, and you will understand the difference between the two. We will talk about sensory diet strategies and will touch upon strategies to assist with stress management. You will learn that by changing your perspective a little, you will discover that self regulation is an important skill that emerges on its own and is very natural. You can easily support self regulation by bringing it's manifestations to conscious awareness.

Attachment, Stress & Resilience - This talk will start by talking about how children today are subjected to sensory overload and stress, and how this affects neurology and impairs self awareness. Resilience starts with attachment and grows with sensory experience. Sensory awareness and sensory enrichment create the tools for noticing and dissipating the energy that creates trauma. Common sense approaches can be used to keep the mind and body connected, and to prevent trauma from changing your brain. Shifting the emphasis from emotions to sensations holds the answer to building resilience. This talk will focus on findings from neuroscience and the work of Peter Levine, master in the field of trauma and children. While top-down or cognitive approaches can be helpful, true resilience comes from efficient sensory processing of internal sensations. This approach is the foundation for the mind-body approaches that are part of mindfulness and other integrative sciences. Ideas for dealing with acute trauma as well as historical events are more effective when sensory pathways are honoured.

The Brain and the Stress System in Classroom Anxiety

- A Sensory Smart Perspective

Brain function is affected by stress hormones, sensory overload and cognition. Participants will learn and discuss strategies to promote positive neurotransmitters, using activity and interaction, cognitive reframing, sensory activities, and group process to fight anxiety and dissipate stress hormones. Some general ideas for stress and self regulation, and some specific to anxiety and worry. A blend of discussion about neurology and activity will give participants tools to develop their own ideas and build a more grounded community.

Ready for Kindergarten? What Kids Need to Succeed!

It is a great idea to think about the readiness skills young learners will need to succeed in school. Teaching academics before Kindergarten is not always advisable and is not always helpful for students who need foundation skills that will allow them to do well in the school setting. We will review some of the developmental prerequisites for school success and how you can build these into your child's day. We will also review the development of pencil grasp and cutting skills and how to facilitate these areas. Red Flags might alert you that there are issues in development that need to be supported. We will discuss these red flags as well as what strategies might be helpful.

If you are thinking of one of the above workshops and are not sure, write to me and ask for a sample handout. It will show the basic topics I cover. It will not share the stories I use in my teaching, but may give you information to help you make a decision.

www.marclandry.ca

I can also build other custom workshops.

marclandryot@gmail.com