

# 10<sup>th</sup> Annual ECDSS Conference

Presents

## DRILLING DEEPER

*Moving from*

*Trauma to*

*Resilience*

FEATURING A DAY WITH

**BRUCE D. PERRY, MD, PHD.**



*Fantasyland Hotel and Conference Centre  
Edmonton, Alberta*

*March 2-3, 2017*

### SPEAKERS

#### **MICHAEL RICH,**

**MD, MPH**  
Associate  
Professor of  
Pediatrics at  
Harvard  
Medical  
School



#### **DEBORAH MACNAMARA,**

**PH.D.**  
Author of *Rest,  
Play, Grow:  
Making Sense  
of Preschoolers*



#### **DAVID WILSON,**

**BMUS, MMUS**  
Founder of  
*Body, Breath  
& Voice  
Integrative  
Therapy,*



EARLY CHILDHOOD DEVELOPMENT  
**SUPPORT SERVICES**

Working Together Learning Together

Early Childhood Development Support Services is dedicated to the advancement of best practices, research based professional learning and community engagement for all who work with children and families. Our training, conferences, individualized workshops and agency support services are focused on the enhancement, professionalization and improved effectiveness of child, family and community engagement throughout the province of Alberta and beyond.

# SPEAKERS



## DRILLING DEEPER

### *Moving from Trauma to Resilience*



#### **BRUCE D. PERRY, M.D. PH.D**

Bruce Perry, M.D., Ph.D. Dr. Perry is the Senior Fellow of The ChildTrauma Academy, a not-for-profit organization based in Houston, TX and adjunct Professor in the Department of Psychiatry and Behavioral Sciences at the Feinberg School of Medicine at Northwestern University in Chicago. Dr. Perry is the author, with Maia Szalavitz, of *The Boy Who Was Raised As A Dog*, a bestselling book based on his work with maltreated children and *Born For Love: Why Empathy is Essential and Endangered*. His most recent multimedia book, *BRIEF: Reflections on Childhood, Trauma and Society* was released in 2013. Over the last thirty years, Dr. Perry has been an active teacher, clinician and researcher in children's mental health and the neurosciences holding a variety of academic positions.



#### **MICHAEL RICH, MD, MPH**

Michael Rich, MD, MPH, is Associate Professor of Pediatrics at Harvard Medical School, Associate Professor of Social and Behavioral Sciences at the Harvard School of Public Health, and practices Adolescent Medicine at Boston Children's Hospital. He is the Founder and Director of the Center on Media and Child Health (CMCH) as well as a pediatrician, researcher, father, and media aficionado.



#### **DEBORAH MACNAMARA, PH.D.**

Dr. Deborah MacNamara is on Faculty at the Neufeld Institute and author of *Rest, Play, Grow: Making Sense of Preschoolers (or anyone who acts like one)*. She presents, teaches, and writes on all facets of child and adolescent development based on the relational-developmental approach of Gordon Neufeld. She is also in private practice where she offers counseling services to parents and professionals in making sense of learning, behavioural, and developmental issues in kids.



#### **DAVID WILSON, BMUS, MMUS**

Founder of *Body, Breath & Voice Integrative Therapy, Office Yoga, and Yoga for Breath & Voice*, David Wilson is a singer, conductor, professional voice teacher, certified yoga instructor and breath therapist living in Edmonton, Alberta. In addition to conducting choir, orchestra and musical theatre, he leads workshops throughout Western Canada on the use of voice, breathing and yoga to develop vocal and personal confidence, as well as physical and mental health.

# AGENDA

## DAY 1 – March 2, 2017



## DRILLING DEEPER

*Moving from  
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8:00-8:45 am Registration, Breakfast, Networking

8:45-9:00 am Welcome and Introduction

9:00-10:15 am Bruce D. Perry,  
MD, PhD

### RESILIENCE: THE EFFECTS OF TRAUMATIC EXPERIENCES ON CHILDREN AND THOSE WHO CARE FOR THEM

Children who have experienced trauma require specific support from parents and caregivers to be able to develop resiliency. Dr. Perry will help participants gain an understanding of how we can implement different strategies using rhythm and relationships in different settings to help children manage the stress response system, improve their capacity for self-regulation and the development of healthy relationships.

10:15-10:45 am Snack Break and Networking

10:45-12:00 pm Dr. Perry (cont')

12:00-1:30 pm LUNCH

1:30-2:45 pm Dr. Perry (cont')

2:45-3:15 pm Snack Break and Networking

3:15-4:30 pm Dr. Perry (cont')

## EVENING – SPECIAL EVENTS

7:00-9:00 pm

Fantasyland Hotel and  
Conference Centre -  
Main Ballroom

PARENT NIGHT

\*Tickets \$15.00 each/  
Group Tickets 10/\$100.00

### GROWING UP DIGITAL: AN EVENING WITH “THE MEDIATRICIAN” DR. MICHAEL RICH

[REGISTER  
HERE](#)

Today's children and youth are growing up in a dramatically different world than their parents – the ways that we behave, connect, communicate and learn about each other have been transformed by our use of mobile digital technology. Dr. Michael Rich will share what science can tell us about how children's development can be affected by the screen media. He will redirect the discussion from right and wrong to what the evidence shows about how we are changed by the media we use, in positive as well as negative ways, and how we can direct our children toward uses of these powerful tools of education and communication that will help them grow up stronger, kinder, and happier.

7:00-9:00 pm

Scotiabank Cineplex  
Theatre, West  
Edmonton Mall

SPECIAL SCREENING

\*Tickets \$15.00 each/  
Group Tickets 10/\$100.00

### RESILIENCE: THE BIOLOGY OF STRESS AND THE SCIENCE OF HOPE

[REGISTER  
HERE](#)

“The child may not remember, but the body remembers.” This one-hour documentary delves into the science of Adverse Childhood Experiences (ACEs) and the birth of a new movement to treat and prevent TOXIC STRESS. Now understood to be one of the leading causes of everything from heart disease and cancer to substance abuse and depression, extremely stressful experiences in childhood can alter brain development and have lifelong effects on health and behavior. However, as experts are proving, what's predictable is preventable. And they're using cutting edge science to help the next generation break the cycles of adversity and disease.

# AGENDA

## DAY 2 – March 3, 2017



## DRILLING DEEPER

### *Moving from Trauma to Resilience*

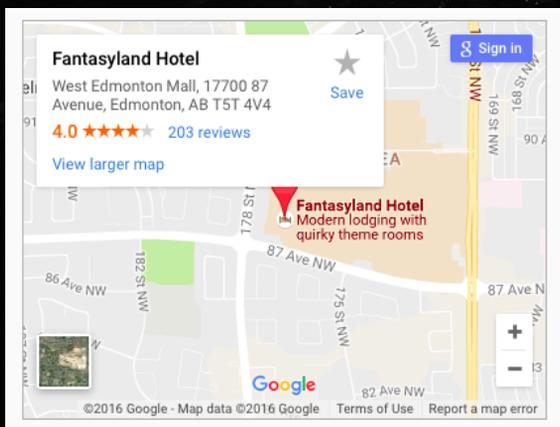
8:00-9:00 am		<b>Breakfast and Introduction</b>
9:00-10:00 am	<b>Dr. Deborah MacNamara, PH.D</b>	<b><u>ROOTS OF RESILIENCE AND RESOURCEFULNESS</u></b> Humans are some of the most adaptive creatures on the planet, with the capacity to overcome adversity and find creative solutions to our problems. While it is within everyone's capacity to be resilient and resourceful, this potential is not always realized for everyone. Raising resourceful and resilient children has never been more important and the role of tears in this process never more misunderstood. Adults play a key role in cultivating the roots of resilience that have lasting effects on their capacity to endure adversity and find a way through.
10:00-10:30 am		<b>Networking and Snack Break</b>
10:30-12:00 am	<b>Dr. Deborah MacNamara PH.D</b>	<b><u>HEART MATTERS: WHAT TO DO WITH A CHILD'S FEELINGS?</u></b> How do we teach our children the language of the heart? Should we be discouraging negative emotions and encouraging our children to calm down? This presentation will bring clarity to the plethora of confusing information bombarding parents and educators today.
10:30-12:00 am	<b>Dr. Michael Rich MD, MPH</b>	<b><u>BRAVE AND SCARY NEW WORLD</u></b> Today's exponential growth and enthusiastic adoption of mobile screen media has transformed the environment in which we are raising children. Mobile screens give them the capability to perpetrate microaggressions from cyberbullying to sexting. Dr. Michael Rich will share what we know about how children's development can be affected by the screen media.
10:30-12:00 am	<b>David Wilson Bmus, MMus</b>	<b><u>HOW TO DECREASE THE EFFECTS OF STRESS AND ANXIETY</u></b> This session highlights how our brain and body are affected by stress and how to decrease the effects of both stress and anxiety, while increasing calmness, energy and well-being in ourselves and others.
12:00-13:30 pm		<b>LUNCH</b>
1:30-3:00 pm	<b>Dr. Deborah MacNamara PH.D</b>	<b><u>SOFTENING THE HARDENED HEARTS OF STUCK KIDS</u></b> Softening the emotional defenses of stuck kids can be a daunting task. When a child's heart has hardened, behaviour such as increased frustration, resistance, and anxiety provide a challenges in seeing the root issue as one of defense for the purpose of self-preservation. This presentation will focus on how adults can lead the way in restoring vulnerable emotional expression in stuck kids.
1:30-3:00 pm	<b>Dr. Michael Rich MD, MPH</b>	<b><u>OUT OF DARKNESS INTO THE LIGHT</u></b> Digital media technologies are tools. It is how we use them that determines how our health and well-being are affected, how our brains and bodies develop, how we connect with each other, and how we build our society. This session will explore how those who care for and work with children and adolescents can use resources at the Center on Media and Child Health (CMCH) to benefit their clients and create infrastructures to intervene on problems and prevent them from occurring.
1:30-3:00 pm	<b>David Wilson Bmus, MMus</b>	<b><u>HOW TO DECREASE THE EFFECTS OF STRESS AND ANXIETY</u></b> This session highlights how our brain and body are affected by stress and how to decrease the effects of both stress and anxiety, while increasing calmness, energy and well-being in ourselves and others.

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**Early Childhood Development Support Services**  
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www.ecdss.ca

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### FANTASYLAND HOTEL INDIVIDUAL RESERVATIONS

Individual reservations can be made by contacting the Hotel Reservations Department directly at (780) 444-3000 or toll-free 1-800-737-3783. Callers MUST mention they are attending the ECDSS - Drilling Deeper Conference to receive the negotiated rate of \$159tx Superior Room (2 Queen beds).

*Alberta*  Government

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