

ALLISON EDWARDS, LPC

Allison Edwards is a nationally renowned speaker and author of seven books: *Why Smart Kids Worry*, *Worry Says What*, *Marcy's Having All the Feels*, *15 Minute Counseling Techniques that Work: What You Didn't Learn in Grad School*, *Flooded: A Brain-Based Guide to Help Children Regulate Emotions*, *How to Crack Your Peanut* and *Beat, Beat, Thump*. Allison received her graduate degree in Counseling from Vanderbilt University and is a National Certified Counselor, Licensed Professional Counselor, and Registered Play Therapist. Allison has over 20 years experience working as an elementary teacher, school counselor, child/adolescent psychotherapist, and educational consultant to schools throughout the country.



Allison trains professionals in the areas of empowering anxious children in the classroom, managing the emotional needs of students, recognizing the social/emotional needs of gifted students, and sharing how educators can talk to parents about student anxiety. Allison helps school leaders understand how social/emotional differences can be supported in neurologically diverse student populations, and provides consultation and staff development on how to effectively improve emotion regulation in the classroom.

PRESENTATION FORMATS - Virtual

Full Day Professional Development

2.5-hour morning session, lunch break, 2.5-hour afternoon session

Half Day Workshop/Breakout Session

2-hour session: 90-minute presentation, 15-minute break, 15-minute Q&A

Keynote Presentation

1-hour keynote session

PRESENTATION TOPICS

Come-Apart Kids: How to Build Resilience in Today's Kids

Today's kids are falling apart in classrooms and educators are struggling with how to best support them. Should we allow students to avoid discomfort or push them to do challenging tasks? In this presentation, Allison will share how we got here and how we can help kids build resilience to manage their daily lives and prepare them for the road ahead. Using real-life examples, humor and practical strategies, Allison will share how educators can take students from debilitated to empowered.

Flooded: A Brain-Based Approach to Help Children Regulate Emotions

Based on her best-selling book, Allison explains how parents, teachers, and counselors can help children regulate emotions. Filled with techniques, real-life examples and practical suggestions for setting up spaces to support emotional regulation, Allison will help adults identify flooded children and help them reset. In this program, adults will not only learn how to help children reset their brains but also how to reset their own brains when triggered by dysregulated children.

Helping the Helper: Self-Care for Counselors

We spend our days helping kids but how do we help ourselves? This program outlines self-care models for counseling professionals, uses humor and storytelling to normalize just how hard our jobs are, and leaves counselors feeling rejuvenated. Tips for how to structure the workday, balance home and work life and how to focus on your role will help counselors better manage their taxing jobs and give them strategies they can use for years to come!

15-Minute Counseling Techniques that Work: What You Didn't Learn in Grad School

Feel like you don't have enough time to do counseling? Participants will learn 15 counseling techniques that can be implemented in less than 15 minutes from when a student walks into your office. The program can be suited to elementary, middle, or high school counselors (or a combination of all) and participants will not only learn the strategies but will be doing them alongside Allison as she teaches how to implement them. Get out your Play-Doh! This hands-on, experiential program will revolutionize your counseling department and help participants leave feeling empowered.

Approaching Anxiety: How (and When!) Educators Can Intervene

Anxiety is the #1 mental health disorder in the country and affects nearly 30% of students. Each day students walk into classrooms with upset stomachs, sweaty palms and minds spinning with fear-based thoughts. Learn how to recognize anxiety in children, how to support anxiety in neurologically diverse classrooms, and how to talk to parents about student anxiety. Educators will leave the session with confidence to address anxiety inside the classroom and knowledge of how to work with outside professionals to help anxious children begin to thrive.

Helping Students with Trauma and Emotional Dysregulation

Educators work daily with students who are unable to regulate their emotions. Trauma and ACE's are a large part of this epidemic and based on brain research, this workshop will help counselors learn how to identify triggers, teach effective coping strategies, and help students go from debilitated to empowered.

Why Smart Kids Worry and What Parents Can Do to Help

Based on her best-selling book, Allison guides participants through the mental and emotional process of where the fears of smart kids come from and why they are so hard to move past. She explains why highly intelligent kids have a higher prevalence of social and emotional problems and how these differences present themselves in the classroom. In addition, she teaches 10 specially designed tools participants can use to help smart kids not only succeed in the classroom, but in life.

If you have a specific topic or issue you would like to address, please contact Allison so she can design a program to specifically fit your needs.

Contact Allison at allisonedwardslpc@gmail.com to schedule an event.