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Keynote Speakers



**Institute of
Child Psychology**

2022 ONLINE CHILDREN'S MENTAL HEALTH SYMPOSIUM

About

After seven sold-out conferences, the Institute of Child Psychology continues striving to provide parents, caregivers, and professionals with a diverse group of professionals to help support children struggling with mental health. Coming out of a pandemic, our children need us more than ever! This globally recognized event brings together thousands of people from every corner of the globe.

Our conference is keynoted by 3 prestigious presenters: world renowned experts in the field of children's mental health and New York Times Best Selling authors and clinicians: Dr. Tina Payne Bryson, Dr. Rick Hanson & Dr. Jennifer Mullan.

These dynamic speakers bring their expertise and decades of experience as they provide unparalleled keynote addresses. They will also be joined throughout the weekend by other renowned professionals such as Dr. Gordon Neufeld, Dr. Becky Kennedy, Dr. Willan Stixrud, Kim Payne, Dr. Ann-Louise Lockhard, and many more!

Join us online April 22 - 24, 2021!

Sponsored by:

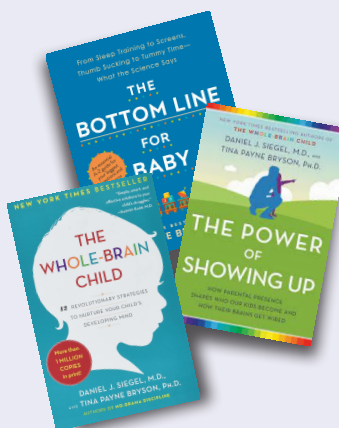


The Power of Showing Up

Presented by:
Dr. Tina Payne Bryson

One of the very best scientific predictors for how any child turns out—in terms of happiness, academic success, leadership skills, and meaningful relationships—is whether at least one adult in their life has consistently shown up for them. In an age of scheduling demands and digital distractions, showing up for your child might sound like a tall order. But as Tina Payne Bryson reassuringly explains, it doesn't take a lot of time, energy, or money.

Instead, showing up means offering a quality of presence. And it's simple to provide once you understand the four building blocks of a child's healthy development.



The Neuroscience of Happiness

Presented by:
Dr. Rick Hanson

In this experiential presentation, you'll explore evidence-based ways to beat the negativity bias and turn passing experiences into lasting inner strengths hardwired into the brain. You'll learn the HEAL methods of positive neuroplasticity for developing any psychological resource. Then we'll apply these tools to developing greater calm, contentment, and confidence.

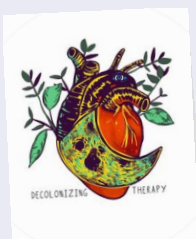
Learning is the strength of strengths, the one we draw upon to grow the rest of them. When we know how to foster our own social-emotional learning with the tools of positive neuroplasticity, then we have a remarkable power to steepen our own growth curve each day. Then both adults and children can meet the challenges of life with an inner core of resilient well-being.



Staying Present: Parenting Through Intergenerational Trauma

Presented by:
Dr. Jennifer Mullan

We inherit so much from our parents—sometimes, physical attributes and basic temperament, but also their beliefs, behavior patterns and habits. This work, often paired with rage and ancestral work, can be intense, as our parental/caregiver wounds often lead to deep self-criticism, imposter syndrome, rage outbursts, toxic relationships and a suitcase of other childhood stuff that is too painful to unpack alone. I can help guide you into meeting, honoring and walking the healing path of the parent wound.



Friday, April 22nd Schedule

Keynote Address (8:00AM - 9:00AM)

Dr. Jennifer Mullan | *Staying Present: Parenting Through Trauma*

Morning Half-Day Courses (9:00 AM - 12:00 PM)

Dr. Gaiathry Jeyarajan | *Parenting with Healthy Boundaries*

Dr. Lawrence Cohen | *The Principles of Playful Parenting*

Dr. Michaleen Doucleff | *Hunt, Gather, Parent*

Dr. Gordon Neufeld Doucleff | *The Dance of Attachment*

Afternoon Half-Day Courses (1:00 PM - 4:00 PM)

Mercedes Samudio | *Shame-Proof Parenting*

Aynsley Graham & Amanda MacDonald | *Talking to Children About Race & Discrimination*

Dr. William Stixrud | *The Self-Driven Child*



Get Your Early Bird Gift!

For a limited time, for those who purchase a full weekend pre-sale or earlybird pass will receive exclusive access to:



Mitch Fournier *The Healing Power of Nature*

Nature therapy is inspired by the Japanese practice of Shinrin-Yoku, which translates to "forest bathing." The research-based framework used for a nature therapy session supports the healing and wellness that comes from connecting with the natural world, which numerous studies have shown to boost mental health, reduce cortisol, and benefit both cardiovascular and immune systems. Nature therapy reminds participants of the inherent interconnectedness between humans and the natural world. The structured sequence shared by the guide encourages creative opportunities for participants to deepen their reciprocal relationship with nature.

Saturday, April 23rd Schedule

Keynote Address (8:00AM - 9:00AM)

Dr. Rick Hanson | *The Neuroscience of Happiness*

Full Day Courses (9:30AM - 5:30PM)

Tammy Schamuhn, R. Psych | *Therapeutic Play*

Morning Half-Day Courses (9:00 AM - 12:00 PM)

Janine Groeneveld, R. Psych & Jan Marie Chrzanowski, R. Psych
Exploring Gender Identity & Sexual Orientation in Youth

Dr. Christin Bjorndal | *The Naturopathic Perspective on Children's Mental Health*

Dr. Ann-Louise Lockhart | *Raising Healthy Teens*

Afternoon Half-Day Courses (2:00 PM - 5:30 PM)

Dr. Madiha Saeed | *Holistic Parenting*

Jennifer Alexander, M.A | *The Trauma-Informed Classroom*

Kim John Payne, M.Ed | *Simplicity Parenting*

OTHER SPEAKERS INCLUDE



Dr. William Stixrud



Dr. Lawrence Cohen



Dr. Christina Bjorndal



Dr. Ann-Louise Lockhart



Jennifer Alexander



Mercedes Samudio



Dr. Jenny Woo



Dr. Michaleen Doucleff



Kim John Payne



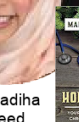
Dr. Gordon Neufeld



Dr. Becky Kennedy



Dr. Madiha Saeed



Sunday, April 24th Schedule

Keynote Address (8:00AM - 9:00AM)

Dr. Tina Payne Bryson | *The Power of Showing up*

Full Day Courses (9:30AM - 5:30PM)

Morgan Bisseger, R. Psych | *Childhood Trauma*

Tania Johnson, R. Psych | *Childhood Anxiety*

Morning Half-Day Courses (9:30 AM - 1:00 PM)

Samantha Dover, R. Psych | *Talking to Children About Sex, Relationships and Consent*

Dr. Becky Kennedy | *Understanding Deeply Feeling Kids*

Afternoon Half-Day Courses (2:00 PM - 5:30 PM)

Christin Crocker, R. Psych | *Navigating Blended Families*

Samantha Dover, R. Psych | *The Fourth Trimester*

Dr. Jenny Woo | *How to Support Children's Emotional & Social Development*

