

Speaker: Dr. Kate Walker, PHD

When: Wednesday, April 21st, 2010. 11:30-1:00

Where: LGI

Hosted by: TWCP PTA, Brown Bag Program

For children diagnosed with ADHD or bipolar disorder, handling strong emotions is difficult and can affect peer and family relationships, school performance, and personal health and freedom. Teaching these children how to handle strong emotions like anger and anxiety is a difficult task for parents and teachers because these emotions can easily provoke strong, and sometimes dysfunctional, responses. In my presentation I will discuss adolescent ADHD and bipolar disorder, I will explain how the two diagnoses differ from adult ADHD and bipolar disorder, and I will explore helpful response patterns. Participants will learn some specific adaptive response patterns in which they empathize with the child's anxiety, teach the child to master controlling and recovering from it, and promote the skills of emotional regulation and resilience.