

## KEYNOTE SPEAKER'S BIO

### DR. VANESSA LAPOINTE – KEYNOTE SPEAKER FRIDAY & SATURDAY AM

Dr. Lapointe is an author, parenting educator and registered psychologist (British Columbia #1856) who has been supporting families and children for more than fifteen years. Author of *Discipline without Damage: How to get your kids to behave without messing them up*, a regularly invited media guest and contributor, educator and speaker, a Huffington Post parent blogger, and a consultant to research projects and various organizations promoting emotional health and development, Dr. Vanessa is known for bringing a sense of nurturing understanding and humanity to all of her work. She presently works in private practice and has previous experience in a variety of settings, including the British Columbia Ministry of Children and Family Development and the school system. Dr.



Vanessa's passion is in walking alongside parents, teachers, care providers, and other big people to really see the world through the child's eyes. She believes that if we can do this, we are beautifully positioned to grow up our children in the best possible way. As a mother to 2 growing children, Dr. Vanessa strives not only professionally, but also personally, to view the world through the child's eyes.

**FRIDAY AM – *Emotional Regulation: The Importance of Navigating the Ups and Downs of Emotions for Kids***

**SATURDAY AM – *Childhood Anxiety: When the Worry Monster Attacks; Understanding & Supporting Children Struggling with Anxiety***

## WORKSHOP SPEAKER'S BIO'S

### ALANA CAMERON

Alana is an engaged parent leader at the school and district level. She has known first-hand the importance of advocating for children within the school system and enhancing the parent voice in a positive way. She has had the pleasure of, speaking on behalf of parents at the school and district level, facilitating educational discussions and parent education workshops for diverse audiences. Alana is passionate about supporting parents in enhancing their child's education success and their role as their child's natural advocate. She is a strong believer in building positive, respectful relationships between parents, educators and those who work within our education system to support student's success.

**Saturday Workshop:** *Being your Child's Natural Advocate*



### DR. DON DUNCAN

Dr. Duncan is a Child and Adolescent Psychiatrist in Kelowna, BC where he serves as Clinical Director of the BC Interior ADHD Clinic. He holds an appointment as Assistant Clinical Professor with the Department of Psychiatry, University of British Columbia and has been honored by appointments to the Board of Examiners for Psychiatry (Royal College of Physicians and Surgeons of Canada), the Board of Directors for the Canadian Academy of Child and Adolescent Psychiatry (CACAP), and the Board of Directors for the Canadian ADD/ADHD Resource Alliance (CADDRA). Dr. Duncan was the first physician certified by Dr. Ross Greene in the delivery of his novel approach to helping parents deal with problem behaviours through a collaborative, punishment-free process – Collaborative Problem Solving. ([www.livesinthebalance.org](http://www.livesinthebalance.org)). Much of his time is spent educating teachers, physicians, and the general public about child & youth mental illness and he has served as an expert consultant to the Ministry of Children and Family Development and to the Knowledge Network in the development of two separate educational documentaries on children's mental health. One of these documentaries, entitled 'Struggle for Control' was dedicated to the provision of information on ADHD and related problems. The film is now owned and distributed by the National Film Board.

In order to assist clinicians in the efficient use of routine standardized measurement of ADHD symptoms, Dr. Duncan has developed a free, secure, automated, online assessment site used by hundreds of clinicians around the world ([www.ADHDratingscales.com](http://www.ADHDratingscales.com)).

**Saturday Workshop:** *Coerce or Collaborate: A Punishment-Free Approach to Dealing with Challenging Behaviours*



### **JAN FERENCE**

Jan has spent the majority of her career working with at-risk children. She completed her Bachelor of Education at the University of Victoria and moved to Vancouver, BC, and got her first teaching job in an inner city school. She quickly realized that she wanted to know more about the social emotional well-being of the complex children she was teaching. She promptly applied and was accepted to a Master's in Counselling program at the University of Portland.

About six years ago while managing a behavior resource department for a School District, she was feeling like she needed a change and some updated knowledge of why the kids she worked with seemed to be stuck in patterns that were not changing or improving despite great efforts being made. Her colleague and friend suggested she attend a three-day workshop on trauma, and that was Jan's first exposure to Dr. Bruce Perry's model.

**Friday Workshop:** *How Trauma and Neglect Impact the Developing Brain: Why You Matter?*



### **DR. WENDY A. HALL**

Wendy is a registered nurse and professor in the University of British Columbia School Of Nursing. She has conducted extensive research studying children's sleep problems and has published numerous papers in the area. She also serves as a consultant to parents who have children experiencing sleep problems and to community groups seeking information about children's sleep. Dr. Hall is committed to building parental competence and confidence to promote healthy child development. She has been engaged in a number of workshops with child development specialists, early childhood educators, and other educational and health professionals across the province to promote healthy sleep for children.

**Friday Workshop:** *Promoting Healthy Sleep for Children and their Families*



### **KRISTEN HILMOE, M.Ed., R.C.C., R.P.T., C.P.T.**

Kristen is a Child and Family Therapist in clinical practice in Nanaimo and Port Alberni. She is a Registered Clinical Counsellor with the BC Association of Clinical Counsellors, a Certified Play Therapist with the Canadian Association for Child and Play Therapy, and a Registered Play Therapist with the Association for Play Therapy (USA). She earned her Bachelor's degree in Child Psychology from the University of Minnesota and her Master's degree in Counselling Psychology from the University of Victoria.

Kristen has over 35 years of experience in supporting kids and families in a variety of settings including pediatric in-patient, community based agencies, and private practice. She approaches her work eclectically by incorporating her specialized training in the areas of Attachment, Developmental Trauma, Expressive Therapy, Anxiety and Infant Mental Health.

**Saturday Workshop:** *The Dance of Attachment: Healing and Enhancing Essential Connections*



### **KIM HOWLAND**

Kim has dedicated most of her life to working or volunteering in ways that support children and families; as an early childcare provider, within non-profit organizations, and in our BC Education system. With over 20 years' experience in navigating the education system as an engaged parent, family member, parent leader, advocate, resource navigator and parent education facilitator, she believes it is important to be your child's natural advocate and while maintaining positive relationships with our children's support teams.



Over the last 15 years Kim has consulted, written, presented and facilitated positive discussions on parent engagement to individual parents, family members, principal and vice principals, Ministry of Education and parent groups across BC. She continues this work through 2 different roles – Facilitator with Community Parent Resource Society and as the Family Resource Navigator at the Nanaimo Child Development Center.

**Saturday Workshop:** *Being your Child's Natural Advocate*

### **SARAH LEE**

Sarah Lee brings three decades of accumulated experience in the tech sector, experiential education & human resources. She specializes untangling the stories and finding solutions beyond what is offered. Her motivation is to strengthen the role of parents in shaping the educational system for all families. Sarah has two school age children to remind her that knowledge drives better choices for ourselves and others.

**Saturday Workshop:** *Being your Child's Natural Advocate*

### **ELIZABETH MARTIN**

(Anais) Elizabeth Martin is the Vancouver Island Children's Assessment Network (VICAN) Coordinator for Central Vancouver Island. A Clinical Counsellor and Psychometrist by training, Elizabeth coordinates the VICAN multidisciplinary diagnostic team in this region responsible for Autism Spectrum Disorder, Fetal Alcohol Spectrum Disorder, and Complex Child and Youth assessments for children aged 2-19. In addition to her coordinator role, Elizabeth is actively involved in CanFASD, the Canadian FASD Research Network, and their ongoing research projects. She is a frequent guest lecturer at VIU and in the community. Elizabeth's professional practice is greatly informed by her personal experiences as a parent raising children with complex needs.



**Saturday Workshops:** *Autism Spectrum Disorder (ASD) and Learning*

### **DR. LINDA SCOTT, Ph.D.**

Dr. Scott is a Master Trainer with the Psychology Foundation of Canada. She began her career as an ECE and that experience continues to inform her work in considering the child within the context of the family and community.

**Friday Workshop:** *Kids Have Stressed Too !!!*



### **SARAH SINRAY, MSC., RCC**

Sarah is originally from Montreal and studied Clinical and Coaching Psychology at the Master's level in Australia. She has worked in a specialized anxiety clinic, an outpatient adolescent treatment centre, in residential addictions centres, in private practice, and at community service agencies with adults, families, and youth. Sarah also has studied and practiced Buddhist philosophy and Yoga for 11 years. She enjoys teaching what she's learned to adults and youth in workshops she has designed integrating Western and Eastern Psychology. She has undertaken training in being a mindfulness teacher as well as a Somatic Experiencing Yoga Teacher Training and a Restorative Yoga Teacher training.



She is committed to developing expertise in the body as well as the mind, and is continuously engaged in exploring the connections between them. She lives in the beautiful Cowichan Valley and the connection this affords to nature, the seasons, herself, and her community is a huge joy in her life.

**Friday and Saturday Workshops:** *Mindfulness in the Preschool and Elementary School Classrooms*

### **DIANNE TOWER, MA, RS-LP, (C)**

Dianne is a speech–language pathologist who has clinical experience and expertise working with infants and children in the areas of connection, regulation, feeding, and communication. She has utilized a holistic, family-centered approach in her clinical practice for the past 22 years within a transdisciplinary team framework.

Dianne is currently working as a clinical mentor and practitioner in early intervention settings in British Columbia.

**Friday and Saturday Workshop:** *Facilitating Optimal Outcomes in Feeding, Growth & Development: A Multi-Lens Approach*



### **AILEEN TUCK, BA, CYC**

Aileen is an Anishinaabe / Metis woman from North Western Ontario who has called BC her home for the last twenty-one years. Aileen is proud of her strong cultural connections and shares this in a multitude of ways with her family, students, co-workers and the community. She has a passion for early childhood education and incorporates Aboriginal traditions, culture and themes within this context.

Aileen currently works for the Nanaimo/Ladysmith School District as a Child, Youth and Family Support worker at Bayview Elementary School. Aileen also has experience and education in Criminal Justice, Family Counselling and Child & Youth Care.

**Friday and Saturday Workshop:** *Creating a Sense of Nature with a Rock and a Drum.*



### **LESLIE VAN DUSEN, BA, B.Ed.**

Leslie is a Special Education teacher who began focusing on supports for students with ASD following her own son's diagnosis and struggles within the Ontario education system. Leslie has developed practical, proven strategies that meet individual needs and Ministry of Education outcomes. Leslie's guiding principle is to create environments where children feel safe to learn and grow.

**Saturday Workshop:** *Autism Spectrum Disorder (ASD) and Learning*

