



NATIONAL CENTER for
YOUTH ISSUES

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Speakers Bureau



Natalie Spencer Gwyn

COUNSELOR, PROFESSOR, AUTHOR, AND SPEAKER

Dr. Natalie Spencer Gwyn is an Assistant Professor at North Carolina A&T State University. She was previously a high school counselor and student assistance counselor (SAP) for many years before moving into higher education. She received her undergraduate and master's degrees from the University of North Carolina at Chapel Hill. She later earned a doctorate in Counselor Education and Supervision from North Carolina State University. Dr. Spencer is the author of *Mindful Practices for Helping Troubled Teens* and the co-author of *15-Minute Focus: Diversity, Bias, and Privilege: Addressing Racial Inequities to Create Inclusive Learning Environments*. She is also a licensed professional counselor (LPC) in the state of North Carolina, and owns her own private practice, Natalie Spencer Counseling and Consulting. Dr. Spencer Gwyn has presented her research on the local, state, and national level.

A BRIEF LOOK AT NATALIE'S SESSIONS (continued on the back)

Connecting the Dots: Advancing Equity in Schools Using a Trauma-Informed and Social Emotional Learning Framework

We've all heard these terms before: Social Emotional Learning (SEL), Trauma Informed Practices and Equity. Too often school counselors, teachers, and administrators focus on one factor that can impact a child's learning and not the intersections of all three. Many children attending schools today (virtual and in person) experience traumas that impact their ability to identify, effectively express, and manage emotions. In addition, the impact of race and cultural diversity can further impact a child's overall coping strategies when experiencing adverse situations. SEL, trauma informed practices and equity intersect in a powerful way and we can no longer ignore the impact on education and children.

In this session, attendees will learn practical interventions that can be implemented to build SEL competencies along with an emphasis on equity and trauma informed practices.

Mindful Practices to Help Troubled Teens: Behavioral Interventions to Help Students Succeed

School counselors often encounter students with a variety of behavioral and mental health concerns throughout a day. Mindfulness and mindful interventions have been shown to help students by introducing a variety of skills, such as guided imagery, mindful breathing, and gentle yoga. This presentation is designed to give school counselors tools to implement mindful techniques and help empower students discover their true potential. It will be an exciting and hands on presentation that will introduce counselors to mindfulness techniques and strategies to help all students succeed.

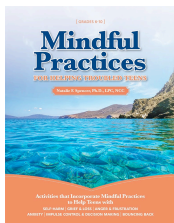
Contact Robert Rabon at rrabon@ncyi.org or 423-309-4300 to engage Natalie for your event

Solution Focused Counseling for Anxious Children and Teens: Strategies for School Counselors

Counselors often find themselves in situations where they seek interventions to best meet the needs of children and adolescents. When assisting children and adolescents, feelings and behaviors can change very quickly and many children and teens are already equipped to solve minor and routine behavioral problems. Solution Focused Brief Counseling (SFBC) has proven to be a great tool for anxious children and teens as they learn to manage challenges at school and home. This interactive presentation will introduce creative and effective SFBC techniques counselors can use in both individual and group counseling, with an emphasis on helping anxious children and teens.

Attendees will gain a better understanding of emphasizing solutions instead of problems, learn the 12 basic assumptions of SFBC, discover strategies to implement SFBC in small and individual group counseling, and develop techniques to help anxious children with developmentally appropriate techniques.

BY NATALIE SPENCER GWYN



Mindful Practices for Helping Troubles Teens

This curriculum provides 20 activity-based lessons that combine mindfulness and cognitive behavioral approaches. These can be used flexibly in small groups or with individual students. Techniques are taught to help teens with issues such as:

- Self-Harm
- Grief/Loss
- Anger/Frustration
- Anxiety
- Impulse Control/Decision Making
- Bouncing Back



15-Minute Focus - Diversity, Bias, and Privilege: Addressing Racial Inequities to Create Inclusive Learning Environments

Brief Counseling Techniques that Work

In this book, Dr. Natalie Spencer Gwyn and Robert B. Jamison give educators, counselors, and administrators knowledge, strategies, and resources that can create a safe, culturally diverse learning environment for all students.

As our nation grows in its cultural and ethnic diversity, our school populations have also changed. In an ideal world, schools would serve as a welcoming place for all students regardless of ethnicity. Unfortunately, many schools have become a place of racial discord, racism, bias, and discrimination. Unequal access to services, lack of resources, and biased practices contribute to an education system that fails to educate, serve, and support every student.

Each chapter includes a case study that illustrates an aspect of diversity, along with questions to apply the book's principles in your own context. In addition, Gwyn and Jamison provide a comprehensive list of tools adults can use to become more culturally aware as well as create more culturally diverse and inclusive classrooms and schools.

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