



NATIONAL CENTER for  
**YOUTH ISSUES**

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*Speakers Bureau*



# Allison Edwards

COUNSELOR, AUTHOR AND SPEAKER

Allison Edwards LPC, RPT is an affiliate professor in the Human Development Counseling department at Vanderbilt University. She is the author of numerous books including *Worry Says What?* and *Flooded: A Brain-Based Guide to Help Children Regulate Emotions* (see next page for a full list of her titles). 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 a school teacher, school counselor, child/adolescent psychotherapist, and educational consultant to schools throughout the country.

Allison travels both nationally and internationally training 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 their neurologically diverse student populations, and provides consultation and staff development on how to effectively improve emotion regulation in the classroom.

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

**NEW!**

## **Come-Apart Kids: Why Today's Kids Can't Manage Emotions and How We Can Empower them at Home and School**

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.

**NEW!**

## **Flooded: A Brain-Based Approach to Help Students Regulate Emotions at School**

Based on her new book, Allison will give counselors and educators the tools they need to help students manage emotions. Using brain research and practical interventions, participants will learn to set up spaces to reset the brain, deescalate high-conflict situations and redirect students with emotions in mind. Along the way, educators will learn how to manage their own emotions when triggered. This is a must-attend for anyone who works with children!

**NEW!**

## **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 and hopeful that the career path they've chosen is right for them. How to structure your day, what to do afterwards, balancing home and work life and how to focus on the good 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 kids leave feeling empowered.

Contact Robert Rabon at [rrabon@ncyi.org](mailto:rrabon@ncyi.org) or 423-309-4300 to engage Allison for your event

## 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 identify issues to address inside the classroom and how to work with outside professionals to help anxious children begin to thrive.

## How to Drain the Emotional Tank: Helping Students with Emotion Regulation (classroom teacher focus)

Teachers walk into classrooms everyday with students who have difficulty managing emotions. In this workshop, teachers will learn why Emotion Regulation is so hard for students (based on their backgrounds, Trauma and ACE's) and learn effective ways to help students. Based on brain research, teachers will learn tools to help even the most dysregulated students become successful in the classroom.

## Helping Students with Trauma and Emotional Dysregulation (school counselor focus)

Counselors 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.

## The Emotional Effects of Social Media

Social media is proven to increase anxiety and depression, yet 92% of all teens have social media accounts and 45% say it's the primary way they connect to peers. Learn why the adolescent brain is more reactive to social media and how dopamine causes addictive behaviors that impair the lives of today's teenagers. Counselors will leave with effective strategies to help teens make better choices, manage their time, and connect with peers in positive ways.

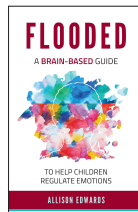
## BY ALLISON EDWARDS

### Flooded

*A Brain-Based Guide to Help Children Regulate Emotions*

When your brain perceives danger, your body and mind will go instantly into one of three modes—flight, fight, or freeze. Your heart races, your body tenses up, your hands shake, and your emotions take over rational thought.

You've entered The Flood Zone. Educators, counselors, and parents will learn to identify The Flood Zone, along with strategies for teaching children (and adults!) how to regain control of their emotions.



### Marcy's Having All the Feels

Marcy wanted to be happy. But all her other feelings kept showing up—and at the worst times! Her feelings follow her around throughout the day. Then one day when Marcy's feelings disappear, she learns that her feelings don't have to control her, and they might even have a function. Maybe having all the feels might not be such a bad thing. And that one discovery? Well, it changes everything!



### 15-Minute Counseling Techniques that Work

*What You Didn't Learn in Grad School*

Children come to us with a variety of problems, searching for answers. While these solutions may work temporarily, we really never help children until we give them tools—or techniques—to manage thoughts and feelings on their own. The techniques in this book will help children feel empowered to face everyday challenges and equipped to manage their stress and emotions.



### Worry Says What?

"Worry's songs tie my tummy up in knots. Sometimes he speaks in a whisper, and other times his voice gets so loud I can't hear anything else." This book shows how worry whispers to young minds, and offers a powerful tool all children can use to silence those fears.

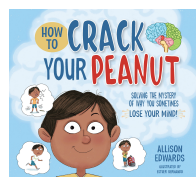


### How to Crack Your Peanut

*Solving the Mystery of Why You Sometimes Lose Your Mind*

Diego doesn't understand why he always seems to lose his temper and lash out at people.

This book is a gentle introduction to emotion regulation and helps kids understand how the brain works and how they can begin to listen to their bodies and control their emotions.



### Beat, Beat, Thump

What does anxiety feel like to a child? Beat, beat, thump. Beat, beat, thump. That's the pulse of Alex's heart as he navigates worries about school, friendship struggles, and trying new things. Sometimes the pounding of his heartbeat gets so loud that it's all he can hear.



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