

IE19-11 Becoming a Behavioural Detective: Understanding, Surviving and Supporting Complex Behaviours



PRESENTED BY

Evelyne Pilgar & Melissa Hathaway-Refrees



SERIES SESSIONS

Date	Time
March 04, 2019	8:30 AM - 4:30 PM
March 05, 2019	8:30 AM - 4:30 PM



LOCATION

J. R. Robson School-BTPS Training Lab - 5102 - 46 Street

FEE

\$350.00

QUESTIONS?

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780-623-2248

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Program

Becoming a Behavioural Detective: Understanding, Surviving and Supporting Complex Behaviours..This introductory workshop is designed to assist teachers and professionals involved in the educational and mental health field learn to support children with behavioural challenges and learning problems. The sensory processing approach assists in “looking beyond the behaviour” and into the nervous system. It helps with understanding how the child’s behaviour is a manner of coping. Strategies in adapting the environment, altering interaction and providing appropriate supports for children who have difficulty with processing sensory information will be provided. Many children with different diagnoses experience challenges in the manner in which they process sensory information (Eg. learning disabilities, developmental coordination disorder, ADD/ADHD, autism spectrum disorder, FASD, trauma, cerebral palsy, and emotional behavioural disorders). This workshop is designed to assist in problem solving and student’s learning, based on observations that look beyond the label and strategies that are effective and sustainable.

Course Objectives:

Upon completion of this course, participants will be able to:

- Describe the neurobiology of challenging behaviour
- Distinguish between sensory, emotional and cognitive components of behaviour
- Analyze various overlapping contributions to behaviour problems
- Integrate theories of intervention into a holistic approach
- Develop threatment techniques, relationship-building tools and dialoguing skills with complex situations
- Understand the value of prioritizing self-care for mindfulness, effective care-giving and sustainability

This learning opportunity is being offered through a grant from Alberta Education.

Presenters

Evelyne Pilgar & Melissa Hathaway-Refrees

Evelyne Pilgar: With 30 years of practice in pediatric Occupational Therapy, Evelyne provides a knowledgeable and practical approach to the management of children with complex special needs in their natural environments. Her specialized training in sensory processing, neurological and mental health disorders has provided her with a unique lens in which to assess and manage behavior and she enjoys supporting others in learning to see beyond behaviour. Having worked extensively with parents, group home and educational staff, Evelyne is very aware of the barriers and obstacles present in maximizing the potential of children with behavioural concerns. She is able to encompass her own learning, teaching experience and business experience to offer guidance to individuals at all levels of the system so that every child can be successful. Evelyne has specific training in Triple P Positive Parenting, Life Care Planning, SOS Feeding, and Therapeutic Listening. She has owned her own practice since 1998, is bilingual in French and English, and is currently the President of the Society of Alberta Occupational Therapists.

Melissa Hathaway-Refrees: Melissa is a Dalhousie University graduate who started her Occupational Therapy career in 1999 when she moved west from New Brunswick. She worked with adults for 5 years and then moved to pediatrics, where she has worked for the last 14 years. Early in pediatrics Melissa attended a Moving to Higher Ground Course that helped shape her career and start her on the journey of lifelong learning, teaching and growing. She started working with children, both at home and school, while also providing the tools needed to support caregivers and teachers. Over the past 14 years Melissa has devoted a large amount of her time to learning about sensory processing and how it shapes what we know as behaviour. She became trained in Myofascial Release and obtained training in the Integrated Listening Systems (iLS) program. Melissa then chose to pursue knowledge around pediatric eating disorders, dedicating many hours to problem feeders and picky eaters. She has successfully followed families through the journey of complex feeding and is trained in SOS. Her

most recent learning is with the International Maternity and Parenting Institute where she is training to be a Pediatric Sleep Consultant. Melissa brings a truly holistic perspective to therapy, blending a variety of skills together to support the family, caregivers and children on their journey. Melissa is also a wife to a very supporting husband and Mom to two beautifully unique children.

Registration Notes

Registration includes workshop support material a continental breakfast and lunch.