



CRISIS & TRAUMA
RESOURCE INSTITUTE

Free Workshop

Fetal Alcohol Spectrum Disorder (FASD) – Strategies for Supporting

Where: Adams Lake Indian Band Conference Centre

When: September Saturday 22, Sunday 23, 2018

Time: 8:30 – 4:30

Lunch included

Description

Fetal Alcohol Spectrum Disorder (FASD) is one of the most prevalent brain-based disabilities. As a result, there is a growing need for caregivers to acquire increased knowledge and practical skills to support children, adults, and families living with FASD. This workshop will review five pillars for success when supporting individuals with FASD. These include a focus on Strengths, Healthy Relationships, Promoting FASD Self Awareness, Adaptations Strategies, and Team-Based Support. Participants will transfer newfound knowledge about FASD into practical and meaningful ways to *try differently, not harder* in their support of individuals, families, and communities affected by FASD.

About This Workshop

Some of the Topics Reviewed

- Primary Characteristics of FASD
- Stigma and Prevention – Myths and Realities
- Focussing on Strengths
- The Importance of Healthy Relationships
- Promoting Self Awareness
- Chronological Age vs. Developmental Age Considerations
- Strategies for Working with Impulsivity
- Team-Based Support Planning
- Adaptations Strategies Related to:

- Processing Information
- Abstract Thought
- Senses and the Body/Brain Link
- Change
- Understanding Cause and Effect
- Impulsivity

Target Audience

This is an introductory-intermediate level workshop intended for school personnel, social service and health care professionals, counsellors, social workers, parents, and anyone seeking a better understanding of FASD.

Method of Delivery

Presentation, video, case study exercises, personal reflection, and small group discussions.

Learning Objectives

At the end of this workshop, participants should be able to:

- Have a basic understanding of brain differences of FASD
- Recognize defensive behaviour clues that are symptoms of a brain injury
- Identify best approaches to fostering self-awareness and resiliency for people affected by FASD
- Understand multiple practical adaptation strategies to achieve successful outcomes
- Develop individualized support plans that incorporate strengths and team-based supports

What our clients have to say...

Wanda Mattson

Senior Counsellor, Children's Mental Health of Leeds and Grenville

Excellent presenter. She was engaging, informative and inspiring.

Dawn Cross

Counsellor, Edmonton Public Schools

Excellent training with precise and usable strategies.

Cheryl Rice

The facilitator was amazing. Not only did she bring her wisdom of the subject matter, but a genuine compassionate spirit as well.

