

# ALLISON EDWARDS

## Psychotherapist. Author. Speaker



Allison Edwards, LPC, RPT is an affiliate professor in the Human Development Counseling department at Vanderbilt University. She is the author of “Why Smart Kids Worry” and “Worry Says What?” and the creator of Anxiety Tracker an iPhone app that helps track anxiety. 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 an elementary 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 neurologically diverse student populations, and provides consultation and staff development on how to effectively improve emotion regulation in the classroom.

## PRESENTATION FORMATS

### Standard Presentation

1-hour session: Offers a 45-minute presentation followed by a 15-minute Q&A session.

### Workshop/Breakout Session

2-hour session: 90-minute presentation, one breakout session, and a 15-minute Q&A session.

### Keynote Presentation

3-hour session: Two 1-hour presentation blocks, two breakout sessions, and a 15-minute Q&A session.

### Book Signing

All presentation formats have the option of including a book signing of Allison’s books.

## PRESENTATION TOPICS

### **Why Smart Kids Worry and What Teachers Can Do to Help**

Based on her best-selling book, Allison guides participants through the mental and emotional process of where the fears of smart kids come from and why they are so hard to move past. She explains why highly intelligent kids have a higher prevalence of social and emotional problems and how these differences present themselves in the classroom. In addition, she teaches 10 specially designed tools participants can use to help smart kids not only succeed in the classroom, but in life.

### **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 participants leave feeling empowered.

### **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 address anxiety inside the classroom and knowledge of 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 filled 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 will 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.

If you have a specific topic or issue you would like to address, please contact Allison so she can design a program to specifically fit your needs.

Contact Allison at [allisonedwardsipc@gmail.com](mailto:allisonedwardsipc@gmail.com) or [615-397-2245](tel:615-397-2245) to schedule an event.