

2018 Psychology Education Day - Agenda

Building Executive Function Skills in Children and Adolescents: Promoting Development and Facilitating Change		
Tuesday, February 27 th , 2018		
Department of Psychology and Centre for Brain & Mental Health Daniels Hollywood Theatre, The Hospital for Sick Children		
8:30 am	9:30 am	Registration/Refreshments Rotunda
9:30 am	9:40 am	<p><i>Opening Remarks</i></p> <p>Brenda Spiegler, PhD, C. Psych, ABPP-CN Director, Department of Psychology, The Hospital for Sick Children Associate Professor, University of Toronto</p>
9:40 am	10:50 am	<p><i>Beyond Lazy and Unmotivated: What Healthcare and Educational Professionals Need to Know about Executive Skills</i></p> <p>Keynote Speaker: Peg Dawson, Ed. D., NCSP School Psychologist, Clinician at Center for Learning and Attention Disorders in Portsmouth, New Hampshire, USA. Author of bestselling books ‘Smart But Scattered’ and ‘Executive Skills in Children and Adolescents.’</p> <p>This session will provide an overview of executive function in the context of brain development and outline how executive skills impact school performance and daily life.</p>
10:50 am	11:15 am	Break/Refreshments Rotunda
11:15 am	12:30 am	<p><i>Using Integra Mindfulness Martial Arts to Promote Attention and Executive Function in Youth</i></p> <p>Trish McKeough, M.S.W. Coordinator, Integra Mindfulness Martial Arts Program, Child Development Institute</p> <p>Karen Milligan, PhD, C. Psych Director, Child Self-Regulation Lab; Associate Professor and Associate Director of Clinical Training, Department of Psychology, Ryerson University</p> <p>This session will describe MMA and present key research findings in improving executive functioning.</p>
12:30 pm	1:30 pm	Lunch Break (on your own)
1:30 pm	4:00 pm	<p><i>Taking Action: Strategies for Improving Executive Skills</i></p> <p>Peg Dawson, Ed.D., NCSP</p> <p>This session will introduce a range of intervention strategies to improve executive functioning, allowing individuals to cope more effectively in everyday life.</p>