



Parent Program Session Description and Presenter's Bio



Raising Cooperative, Capable, Creative and Resilient Children

Reaching Out . . . Working With Parents of Out-Of-Control Teens

Terry Lowe, BSW, RSW

Families with out-of-control teens are often at their wits end. By giving these families coping strategies, providing support and connecting them with others they can feel empowered in making the changes needed. In this session we will cover specific strategies to help parents deal with out-of-control teens.

Learning Objectives: (1) To recognize issues that families with out-of-control teens experience, and (2) To develop specific strategies to help parents deal with out-of-control teens



Terry is the Director of Community Programs and Student Interns at Catholic Family services in Saskatoon. Terry is a registered Social Worker with more than 30 years working in community and clinical settings. Her areas of interest are parenting, parenting out of control teens, stress, conflict management, and anger. She has presented at numerous conferences and workshops as well as facilitated over 400 groups (mostly parent education). Terry enjoys working with people on an individual and group basis.



Raising Kids Who Have the Courage to be Imperfect

Karen Skinulis, BA, RP

Perfectionism is often at the root of anxiety and low self-esteem. If your child or teen dwells on mistakes, pushes himself too hard, or conversely gives up easily, this presentation will provide insights on how to help them take their "imperfections" in stride

Learning Objectives: (1) To identify perfectionistic tendencies in children and teens, (2) To help children/teens be less distressed by mistakes, lower standards and like themselves as they are, and (3) Parenting approaches that will decrease stress and increase self-compassion.

Karen is a registered psychotherapist who has worked as a parenting counsellor and parenting workshop leader for more than 20 years. She is a sought-after speaker and the co-author of Parent Talk, Practical Parenting, and Classrooms That Work. Karen has been a guest parenting expert for a variety of popular news media -- the Globe and Mail, CBC, Global TV, and City Life magazine. She has helped thousands develop effective strategies for behaviour, based on a respectful, democratic approach to parenting. Her goal is to help parents set the stage for strong, positive relationships with their child that will foster cooperation and healthy self-esteem.

Yes, You Can Have a Great Relationship with Your Teen!

Doone Estey, BA, MA

Adolescence is often a time of turmoil. Teens explore a new sense of independence and parents struggle with letting go. How can parents instill respect in their teens? Stop the grounding and fighting. Improve communication with your teen, improve the relationship, and increase your influence.

Learning Objectives: (1) Why teens act the way that they do and how to best communicate with them during these difficult years, and (2) To instill respect in their teens and how to stay calm in a power struggle.



Doone is a Certified Parent Education who has drawn on her skills as a coach, facilitator and teacher to inspire parents with children of all ages, helping them raise great kids. She can turn families around effectively in no time, giving them tools to deal with everything from Power Struggles and Sibling Rivalry to Curfew and Disrespectful Teens. Doone teaches parenting courses and gives workshops throughout the Greater Toronto Area. She is the co-author of Raising Great Parents - How to Be the Parent Your Child Needs You to Be. Doone motivates parents to be the best they can be, using a relaxed, no nonsense style of communication that resonates immediately.

“A child needs encouragement like a plant needs water.”
“We cannot protect our children from life. Therefore, it is essential that we prepare them for it.”
~ Rudolf Dreikurs

Adlerian Family Counselling: A Demonstration

James R. Bitter, Ed.D.



Open-Forum Family Counselling, developed by Adler and Dreikurs, was popularized in North America by my mentors, Manford Sonstegard and Oscar Christensen. They used this model as an approach to therapeutic communities and family education. This is a demonstration with a live family of the open-forum Adlerian family counselling session.

Learning Objectives: (1) The democratic orientation fostered by Adlerian family counselling, and (2) The

structure and process for conducting an open-forum Adlerian family counselling session.

James is a tenured Professor of Counselling at East Tennessee State University, a Diplomate in Adlerian Psychology (NASAP, 2002), and the former Editor of the Journal of Individual Psychology. He is a nationally certified counsellor, marriage and family therapist, and an Adlerian counsellor with individuals, couples and families. Jim has presented at numerous conferences and workshops, authored or co-authored several books and published more than 50 articles. Together with Drs. Oscar Christensen, Clair Hawes, and Bill Nicoll, he is part of the founding faculty of the Adlerian Training Institute (ATI) in Port St. Lucie, Florida. Jim is the past president of the North American Society of Adlerian Psychology (NASAP).

Emotional Regulation, Mindfulness and Parenting-It Starts With You

Alyson Schafer, BSc, MA

Has your child been diagnosed with ADD/ADHD? Do you have a child who is explosive or anxious? That is a lot for a parent to contend with. In this workshop, Alyson helps parents learn how to help emotionally regulate their children by mastering the skill themselves.

Learning Objectives: (1) The science of emotions and reactions to them, and (2) Skills to manage our emotional state so we can help our kids do the same.

Alyson has been a professional speaker and parent educator for 20 years. She has written best-selling parenting books and conducted over 50 workshops for parents. As a parent expert, Alyson has appeared on television shows such as Breakfast Television, Canada AM, spoken at TEDxKids, and she sits on the Health Advisory Board for Chatelaine magazine. Alyson is a family counsellor and internationally acclaimed parenting expert who empowers families by sharing her principles, rules and tools for raising happy and healthy kids. She promotes a firm but friendly “democratic parenting” style and offers practical solutions backed by extensive research. Alyson’s work aims to make life better for all kids through effective child guidance.

