HOW TO GET OFF THE EMOTIONAL ROLLERCOASTER WITH YOUR CHILD (& YOUR SANITY) INTACT

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EASTON: AGE 15
WILL: AGE 12
Let's chat a minute

• In your experience, what's the most challenging aspect of raising Gifted kids?
• How do your child's quirks make each day more interesting?
"FORGIVE YOURSELF FOR NOT KNOWING WHAT YOU DIDN'T KNOW BEFORE YOU LEARNED IT."

- Maya Angelou
TODAY'S FOCUS

• What Contributes the Roller Coaster?
• Overexcitabilities
• Why does this happen?
• How to anticipate your child's emotional reactions
• How to help your child be a responder not a reactor (self-regulation skills)
• Strategies you can use at home, today!
• Questions
**Giftedness**

- Highly Sensitive to sounds and touch
- Learned to read and speak early
- Looks before s/he leaps
- Large Vocabulary
- Loves the word “WHY”
- Focused on Concentration for Long Periods of Time
- Boundless Energy
- Not keen on birthday parties
- Difficulty making friend and/or managing relationships
- Keen Ability to interpret Non-Verbal Cues
- Excellent Problem-Solvers
- Large Store-House of Information

You might have noticed in your child along the way…….
LABELS = UNDERSTANDING NOT IDENTITY
OVEREXCITABILITIES:

A person may possess one or more of these. “One who manifests several forms of overexcitability, sees reality in a different, stronger and more multifaceted manner” (Dabrowski, 1972, p. 7).

- Psychomotor: physical movement
- Sensual: sensory issues
- Intellectual: curiosity WHY, WHY, WHY
- Imaginational: overly creative, vivid dreams, often confusing reality and fantasy
- Emotional: over/under reaction to emotional stimuli
LIMBIC SYSTEM: FIGHT OR FLIGHT AND LEARNING
PROTECT YOURSELF

"I TOLD you to wear sunscreen."
DEVELOPING SELF-REGULATION SKILLS
CONSIDER THE ANTECEDENTS: SET THE STAGE FOR SUCCESS

• Change the environment to reduce the likelihood of emotional overload.
THANK YOU

• Other Questions
ELEVATE COUNSELING

18275 N. 59th Ave, Suite K-164
Glendale, AZ 85382
Just South of Loop 101 and 59th Ave

Therapy, EMDR, Groups, Consultation
In-Home Parenting Support, Executive Functioning Coaching, Explicit Homework Support

Contact Us: 602-499-5329
www.elevatecounselingaz.com
Join Our Facebook Community: @elevatecounselingaz
Sign up for our Free 5-Day Anxiety Buster E-Course: www.elevatecounselingaz.com
RESOURCES

• Elevate Counseling, Arrowhead, 602-499-5329  www.elevatecounselingaz.com
  • Individual and Group Therapy
  • Parenting and Teacher Support
  • Executive Functioning and ADHD Coaching
  • JOIN OUR FACEBOOK COMMUNITY:  https://www.facebook.com/jamiedanaelevatecounseling/

• Additional resources for Phoenix and surrounding areas:
  • Children's Services Network ,  www.csn-az.org
  • Arizona Association for Gifted and Talented,  www.arizonagifted.org

• Online Support, Research and Readings:
  • Supporting the Needs of the Gifted (SENG),  www.sengifted.org
  • National Association for Gifted Children,  www.nagc.org
  • Mindshift  https://ww2.kqed.org/mindshift/
  • https://www.sciencedirect.com/science/article/pii/S0160289616303324#s0140
SHIFT YOUR THINKING: BUILD FLEXIBILITY

Roman Numerals

- I
- II
- III
- IV
- V
- VI
- VII
- VIII
- IX
- X

Turn This Roman Numeral Into Six with One Line

IX