

# LOOKING THROUGH A LENS *of* RESILIENCE!

## WORKSHOPS TO FIT YOUR SCHOOL

**Janice LeBlanc and Joddie Walker** offer workshops designed to enable schools to help staff, students or their parents, address burnout, stress, anxiety, secondary traumatic stress and promote resilience.

**Focus:** The focus of the training and interventions is on providing psychoeducation and practical strategies that can be applied immediately. Workshops listed below can be customized to fit the needs of your school.

**Experts:** As experts in the field, these trainers offer decades of experience and hands-on strategies in working with trauma and specialized populations. Their unique professional backgrounds are perfectly blended to bring theory and practical application to any targeted audience.

**Target Audience:** Administrators from schools and school board offices, teachers, EAs, social workers, psychologists, para-professionals, and other school employees interested in learning how to mitigate the negative effects of burnout, stress or traumatic stress. Separate workshops for parents offer education on stress and anxiety in their children and the role that schools and treatment providers play in providing support.

### Joddie Walker

Joddie holds a Masters of Science in Forensic Psychology and is a Registered Psychotherapist with the College of Registered Psychotherapists of Ontario, and a Certified Trauma Specialist from National Institute for Trauma and Loss in Children. She holds Diplomate status with the American Academy of Traumatic Stress and is a National (USA) Credentialed Advanced Advocate. Joddie is trained in TF-CBT, Eye Movement Desensitization and Reprocessing Therapy (EMDR), and Structured Intervention Trauma-Child and Adolescent (SIT-CAP).

Areas of Speciality: Children, adolescents and adults in the area of stress, anxiety, depression and trauma • First responders and their families, and other professionals who are in the helping profession who may be experiencing PTSD or secondary traumatic stress • Credentialed Trainer in the area of: Compassion Fatigue and Secondary Traumatic Stress, Children and Trauma/Resilience.

For inquiries contact:

Joddie Walker, MSc, RP, CTTS  
jwalkertrauma@gmail.com  
289-383-0355

## Customized Training/Speaking Engagements

### → Building Resilience in the Anxious Teenager

**Target Audience:** Parents, Students, Administrators, all Education Staff

**Topics covered:**

- Psychoeducation about anxiety, the brain and body responses to anxiety.
- Strategies to deal with anxiety for parents and students.
- The limited role of the school in helping the student deal with anxiety.
- Other topics that are specific to the needs of your community.

### → Self Care for Educators

**Target Audience:** School staff including Administrators, Teachers, Administrative Assistants, EAs, Caretakers etc.

**Topics Covered:**

- Psychoeducation around stress, burnout and Secondary Traumatic Stress.
- Assessing individual levels of stress and burnout.
- Coping strategies to deal with stress in order to prevent burnout and Secondary Traumatic Stress.
- Other topics that are specific to the needs of your community.

### Janice LeBlanc

Janice is a Registered Psychotherapist with the College of Registered Psychotherapists of Ontario (CRPO) and a Professional member of the Ontario Association of Consultants, Counsellors, Psychometrists and Psychotherapists (OACCPP).

Janice holds a Graduate Diploma in Art Therapy (DTATI) from the Toronto Art Therapy Institute and holds registered status (RCAT) with the Canadian Art Therapy Association. Janice is trained in CBT, DBT and Eye Movement Desensitization and Reprocessing Therapy (EMDR).

Janice is a retired educator with over 30 years of teaching in the Secondary School System.

Areas of Specialty: Children, adolescents and adults • PTSD and other forms of trauma, anxiety, depression, family breakdown • Individuals with special needs such as ASD and Learning Disabilities • Speaker on resilience, anxiety and self care for educators.

Janice LeBlanc, B.F.A.(hons), B.Ed., D.T.A.T.I., R.P. R.C.A.T.  
janart1@sympatico.ca  
705-456-4221