



KEYNOTE PRESENTATION

FRIDAY, NOVEMBER 4, 2011

08:45 – 10:00

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## Leaky Brakes: What They Are, What They AREN'T

**B. Duncan McKinlay, PhD, C Psych**  
*Child and Parent Resource Institute*

Participants will gain an understanding of Tourette Syndrome and Associated Disorders, how to recognize and understand them, and how not to misinterpret them.

At the end of the presentation, audience members will be able to:

- describe how a number of commonly co-occurring disorders are interconnected by the concept of disinhibition or "leaky brakes"
- recognize certain behaviours, commonly interpreted as purposeful, as symptomatic of these disorders
- avoid various ideas about management that, while intuitive and well-intentioned, will exacerbate these disorders and create new problems
- access a reservoir of symptom-specific resources and strategies, provided at the presentation



**ATELIER CONCURRENTIEL**

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**10 H 30 À 12 H 30**

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## **Les changements de la mosaïque culturelle**

***Maryse Bermingham***

Faisant un bref survol de la démographie francophone, de la nécessité et de l'apport des immigrants venant des pays francophone, la conférence vise à mettre en évidence les changements de la mosaïque du milieu francophone en Ontario, ses avantages, ses richesses et la nécessité de la préservation du français dès la petite enfance.

Maryse Bermingham est originaire d'Haïti et vit au Canada depuis bientôt 48 hivers. Elle détient une maîtrise en sociologie de l'Université d'Ottawa et travaille comme consultante auprès des institutions francophones en offrant de la formation en compétences culturelles. Son champ d'intérêt est l'étude de la nouvelle mosaïque francophone et l'avenir du fait français en Ontario.



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## **Parenting Partners: Making It Work**

***Maggie Mamen, PhD, C Psych***  
*Psychologist, Private Practice*  
*CentrepoinTE Professional Services*

This presentation will address the issues faced by parents trying to work as a “management team” when running a family. Different parenting styles, decisions on policies, and negotiation skills are all likely to impact greatly on the success of this venture. Adding the various personalities of children to this mix creates further complications, especially in a climate where child-centred philosophies appear to reign supreme. This common-sense approach emphasizes that parents need to be parents and to put energy into working together for the benefit of their children.

Dr. Maggie Mamen is an award-winning clinical psychologist in private practice in Ottawa, working with children, adolescents and their families. Before establishing this practice in 1990, she worked in university, hospital and school board settings. Dr. Mamen was the first elected president of the College of Psychologists of Ontario and remains involved with respect to issues of professional standards and public protection. She provides frequent workshops and seminars for parents, teachers, child care providers, and other professionals, and is the author of four books, including the best-selling *Pampered Child Syndrome, Who's In Charge?*, and *Understanding Nonverbal Learning Disabilities*.



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## The Road to Hell...with Directions to the Exit Ramps!

**B. Duncan McKinlay, PhD, C Psych**  
*Child and Parent Resource Institute*

“The road to hell is paved with good intentions.” So said Samuel Johnson – the second most quoted person in the English language (after Shakespeare), author of “*A Dictionary of the English Language*”, literary titan of the 18<sup>th</sup> century... and a fellow member of the ‘leaky brake club’ (Samuel Johnson had symptoms of both Tourette Syndrome and Obsessive-Compulsive Disorder).

Tourette Syndrome and associated conditions are rife with paradox and non-intuitiveness. So while there is no doubting the intentions of the many motivated teachers, loving parents, and caring mental health workers that strive to make life better for children with leaky brakes, there’s ALSO no doubting that many times our well-intentioned strategies blow up in our well-intentioned faces. From various leaky brake disorders to medications and alternative treatments, this presentation provides tips on how not to accidentally make your situation catastrophically worse when you only ever intended to do good.

This presentation assumes knowledge gained from the keynote presentation, “*Leaky Brakes: What They Are, What They AREN’T*”.



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## **“Is This What I Signed Up For?”: Transforming Compassion Fatigue**

***Valerie Spironello, MSW, RSW***

Compassion fatigue refers to the ‘cost of caring’ and the emotional, physical and spiritual exhaustion that we in the helping profession may experience as a result of hearing the stories of the children and adults to whom we provide support. The level of compassion fatigue we experience can ebb and flow from one day to the next, and even those of us with optimal life/work balance and self-care strategies can experience a higher than normal level of compassion fatigue when overloaded with challenging situations and feeling overwhelmed.

The best strategy to address compassion fatigue is to develop early warning systems and excellent self-care routines. Join us for this interactive workshop where we will explore the concepts of compassion fatigue and develop self-care plans to minimize the effects of this occupational hazard.

**Valerie Spironello, MSW, RSW**

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Valerie Spironello has been a social worker for over 20 years working in a variety of settings including wellness counselling, health care, family therapy, child welfare, family violence. Most recently, she was working in palliative care and with people living with Multiple Sclerosis. Throughout her career, Ms. Spironello recognized the importance of addressing challenges holistically. As a result, she trained in mindfulness and the use of visualization, which she uses in her work to assist others in improving wellness in body, mind and spirit.

Ms. Spironello has also completed Compassion Fatigue training with Françoise Mathieu, Compassion Fatigue Solutions Inc.

Ms. Spironello is an Assistant Professor (PT) with the Department of Family Medicine, McMaster University, teaching health-care providers, medical students and residents with an emphasis on developing self-care and work-life balance. As well, she runs a Hamilton-based private practice called Choose Wellness ([www.choosewellness.ca](http://www.choosewellness.ca)) working to help others to improve their well-being.



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## **Ces parents et éducatrices à bout de souffle (TDAH)**

***Suzanne Lavigueur, PhD***

*Professeure honoraire, Université du Québec en Outaouais*

L'atelier soulignera d'abord l'importance pour les parents, les éducatrices et les enseignants d'appuyer leur action sur une bonne compréhension de la nature et des difficultés associées au TDAH ainsi que sur une relation positive vécue avec l'enfant. On présentera ensuite comment les adultes qui accompagnent l'enfant dans ses différents milieux de vie, peuvent utiliser des moyens concrets et complémentaires pour l'aider face aux défis qu'il rencontre, pour le rendre plus heureux et pour permettre à chacun de garder espoir et de reprendre son souffle.