

## 2016-2017 Speaker Series

### **Meditation – ADHD’s Secret Rival!**

**Myque Harris, Southeast Psych**

**Wednesday, October 5, 2016, 8:30am – 9:30am**

**RSVP by October 3: [sjames@johncroslandschool.org](mailto:sjames@johncroslandschool.org)**

Meditation is a current buzz word. But did you know it is a powerful rival to ADHD? Parents, teachers, and other professionals will learn how and why meditation and other mindfulness practices help reduce inattention, hyperactivity, impulsivity, disorganization, and other related experiences to ADHD.

*Myque is a warm and energetic psychotherapist, registered yoga teacher, and meditation specialist who works with teens, adults, and young children starting at 3 years old. Myque supports clients with anxiety, depression, identity exploration, and other major life transitions, such as divorce; as well as supporting LGBTQ clients and single parents. Myque has a unique practice because she infuses traditional therapeutic methods with yoga, meditation, and mindfulness. Myque holds a Master’s degree in Clinical Psychology and has been a licensed professional since 2007. She is certified with Integral Yoga Academy in Children’s Yoga and Meditation, and also certified with Yoga Alliance as a Registered Yoga Teacher (RYT-200). She has completed more than 400 hours of yoga, meditation, and mindfulness trainings and has specialty training in Postnatal Yoga, Hatha Yoga, Vinyasa Yoga, and Yoga for Children with Special Needs. Myque is certified in Early Childhood Mental Health. She has extensive experience helping children, teens, and parents work through day-to-day struggles or challenging situations at school or at home. This is an exciting year for Myque because her 5-year-old daughter started Kindergarten!*

### **The Kid is Smart, So what’s the Problem?**

#### **Identifying Potential Links Between Underperformance and Cognitive Skill Deficits**

**David Henderson, LearningRX**

**Monday, December 12, 2016, 8:30am – 9:30am**

**RSVP by December 8: [sjames@johncroslandschool.org](mailto:sjames@johncroslandschool.org)**

Sometimes smart kids can overwhelm us with their performance. Understanding the “why” can make a big difference in how to approach the problem in the classroom or home. For instance, did you know that the child who struggles with reading comprehension may actually have a working memory deficit? Or that the child with messy handwriting who makes lots of careless errors may actually have a processing speed weakness? Unfortunately, weak cognitive skills can often manifest as a lack of motivation or laziness. For smart kids, just one weak skill can significantly undermine their strengths – often creating anxiety, low frustration tolerance, or lack of motivation. This seminar will be especially helpful for parents and teachers looking for answers when the standard interventions just aren’t working. You will experience 6 fun brainy games that train cognitive weakness and can be used later with your own kids.

*David Henderson graduated from Indiana University in 1996 and moved to Charlotte to begin his teaching career. He soon worked a second job running a learning center. David left the classroom in 2001 to pursue family and business goals. He grew in business and project management by working in various K-12 settings across the country. His family goals suffered because of business travel. So David looked for a way to include ‘COMMUNITY’ with his passions of education and business. He invested in a leading educational franchise called LEARNINGRX. This investment is keeping David involved with his community and family, while using the skills he developed in the classroom and in business. Mr. Henderson now runs LearningRx and leads a team of dedicated BRAIN TRAINERS in Northeast Charlotte.*

## Kindergarten Readiness

**Dr. Melanie Powell, Charlotte Behavioral Health Associates**

**Thursday, February 9, 2017, 8:30am – 9:30am**

**RSVP by February 6: [sjames@johncroslandschool.org](mailto:sjames@johncroslandschool.org)**

Dr. Powell will be speaking about typical development for 4 and 5 year olds. She will address signs of kindergarten readiness as well as signs that a child might not be ready for kindergarten and/or may be displaying early characteristics of learning disabilities or attention deficit disorders. She will also answer questions about when and if testing might be valuable or necessary as well as things you can do as parents to help improve your child's readiness for kindergarten.

*Dr. Powell received a B.A. in Psychology from Furman University (1993), and an M.A. (1995) and Ph.D. in School Psychology with a Specialization in Neuropsychology from the University of Georgia (1997). She is a Licensed Psychologist (NC#2478) and Health Services Provider (HPP). Her training includes a year of practicum, 3 years at the Center for Clinical and Developmental Neuropsychology (UGA), a one-year internship in the public school setting (GA), and pre- and post-doctoral fellowships at the Child Neuropsychology Clinic at the Medical College of Georgia. Dr. Powell's research is in the areas of Learning Disabilities and ADHD (including articles in professional journals and book chapters), which she has presented at national and international professional conferences. She also has served as a reviewer for manuscripts submitted for publication in the Journal of Learning Disabilities (1999).*

## Expanding Working Memory Capacity in Students

**Dr. Joy Granetz**

**Monday, April 3, 2017, 8:30am – 9:30am**

**RSVP by March 30: [sjames@johncroslandschool.org](mailto:sjames@johncroslandschool.org)**

Working memory is the mental scratchpad that helps us keep track of incoming information. It is key to paying attention and learning. In this talk, Dr. Granetz will discuss how working memory impacts academics, such as paying attention in the classroom, organization, reading skills, mathematics, and written expression. Dr. Granetz will also discuss tools to strengthen working memory so that learning is less of a struggle for students with weak working memory.

*Dr. Joy Granetz is a pediatric neuropsychologist in private practice in Charlotte. She provides neuropsychological testing services and therapy for children, and she is a Cogmed Qualified Practitioner.*

## I missed that, Could you say that again...Auditory Processing Deficits

**Dr. Vicki Parker, The Brain Trainer**

**Wednesday, May 3, 2017, 8:30am – 9:30am**

**RSVP by May 1: [sjames@johncroslandschool.org](mailto:sjames@johncroslandschool.org)**

It's not hearing! Auditory Processing has to do with how the brain works. This interactive talk will focus on Auditory Processing and its connections to dyslexia, attention deficit disorders, and memory. The exciting news is that auditory processing disorders responds well to treatment. Dr. Parker will review techniques used by Speech Pathologist for remediation of this disorder. She will also share her own journey working through this disorder with her own daughter.

*Dr. Vicki Parker is founder and director of The Brain Trainer. She holds a Ph.D. in speech language pathology with a concentration in neuroscience from Michigan State University. For 30 years, she has worked with children and adults who have learning, speech, language, behavior and auditory/reading disorders as well as gifted individuals looking to accelerate their skills. Dr. Parker is the co-author of the textbook Problem Solving, Planning and Organizational Tasks: Strategies for Retraining. Prior to focusing on cognitive training in her private practice Dr. Parker worked for 24 years in hospital settings. Along with years of clinical expertise in her field, Dr. Parker understands it from the perspective of a mother whose child needed help. Her daughter Sally struggled with learning and reading in first grade. After extensively researching options, Dr. Parker chose brain training and speech therapy for her own daughter. Today, Sally is a senior who reads above grade level, enjoys leisure reading and loves learning languages.*