

IE22-171 Emotional De-escalation at Home

**PRESENTED BY****Sue Huff****SERIES SESSIONS**

Date	Time
February 03, 2022	7:00 PM – 8:00 PM

**LOCATION****Online - Your Computer****FEE****\$10.00****QUESTIONS?****Contact Us:****780-623-2248****REGISTER ONLINE****Visit our website to register:****[lnes.ca](https://www.lnes.ca)**

Program

This is a skills-based workshop which will teach you how to help someone quickly de-escalate an overwhelming emotion to return to a more rational, flexible and receptive state of mind. This workshop is especially useful for parents, teachers, administrators, and front-line workers who are confronted with the emotional dysregulation of others and aren't sure what to say or do to help the situation.

This session will be recorded. The recording will be shared with all registered participants and available for 14 days following the presentation.

Presenters

Sue Huff

Sue Huff is a skilled presenter who brings a wealth of experience to her work. She is the former Executive Director for the Eating Disorder Support Network of Alberta, former Trustee with Edmonton Public School Board, the author of *The Book of Hope*, and has been trained in Emotion-Focused Family Therapy, Mediation, Conflict Resolution and Restorative Justice Practice. She has also worked as a professional actress, an award-winning

writer for television, and director for the National Film Board of Canada. Most importantly, she is the parent of a child who has recovered from Anorexia Nervosa and counts the skill embedded in this workshop as the single most powerful tool she has as a parent to help her child process and regulate the powerful emotions associated with this mental illness.

Registration Notes

Once you have registered for a professional learning session, our system automatically generates and sends a **'Confirmation of registration email'**. This 'automatic response' will be sent to the email address you enter at the time of registration'. If the workshop you registered for is **Online**, you will find a link to connect you to the workshop in your confirmation email. If you do **NOT** receive a confirmation email within 24 hours of registering, please check your **Spam/Junk/Trash file**. If you do not receive a confirmation email, please contact celine.zevola@learning-network.org