

**ISSWA 2017 Conference –
Self-Regulation and Learning Differently: Learning To Help Students**

Yoga Calm: Teaching Self-regulation in School, Home, Work & All Walks of Life
Heidi Valdez, LMSW and Kelly Rennick O’Berry, MSSW, LISW

Dyslexia: Social, Emotional, and Behavioral Impact of Learning Differently
Kelly Rennick O’Berry, MSSW, LISW

***Morning Session (8:30-11:45):
Yoga Calm: Teaching Self-regulation in School, Home, Work
& All Walks of Life***

Yoga Calm engages heart, mind and body through its unique blend of physical yoga, social skills games, and counseling techniques. These include breathing exercises, simple yoga poses, mindfulness activities, social/emotional skill development activities, relaxation/storytelling processes and emotional guidance techniques which are effective for a wide range of ages (PK-12), settings, and populations. Yoga Calm helps students develop emotional intelligence, communication skills, trust, and empathy. It nurtures teamwork and leadership. It provides for a calmer and more productive school environment. Yoga Calm is an accredited, research supported, and classroom tested.

The presentation today will be interactive (dress comfortably & bring a mat), provide an overview of Yoga Calm by answering the following questions:

- Where’d it come from?
- What’s the research?
- How can it work in various settings and limited amounts of time?
- Why is it effective in providing a balanced development of students’ (and staff) physical, mental, and emotional needs?

Kelly Rennick O’Berry, MSSW, LISW and Heidi Valdez, LMSW

Afternoon Session (1:00-4:15):
Dyslexia: Social, Emotional, and Behavioral Impact of
Learning Differently

Dyslexia: Social, Emotional, and Behavioral Impact of Learning Differently

This presentation will include a voluntary interactive simulation of dyslexia, the presenter's personal and professional experience with dyslexia, and a brief overview of the disorder's history, neurology, biology, prevalence, and educational impact. The purpose of this talk is to provide an understanding of how students with dyslexia learn differently due to their neurological language processing disorder. No two individuals learn alike because no two brains are alike. However, the social, emotional, and behavioral needs of students with dyslexia can be similar due to the mental impact this disorder can have on the individual. By understanding what dyslexia is and is not, School Social Workers are in a unique role to be advocates for these students and their families. This presentation will hopefully dispel myths surrounding dyslexia and answer questions that School Social Workers may have about recognizing and supporting students with dyslexia.

Kelly Rennick O'Berry, MSSW, LISW

Kelly Rennick O'Berry, MSSW, LISW - Kelly Rennick O'Berry is a licensed independent social worker. She received her Master's degree from Columbia University, School of Social Work, with clinical training at community, school and hospital settings in Harlem and Brooklyn, New York. Kelly worked as a School Social Worker for Des Moines Public Schools for more than 12 years prior to opening her own private practice, Restorative Counseling DSM, in Spring 2017. Her private practice was developed to meet the mental and behavioral needs of clients diagnosed with dyslexia and other learning differences. In addition to counseling services, Kelly provides consultation and advocacy support to guide individuals, parents, and families in understanding how their own or child's disability rights (IDEA 2004, IEP, FAPE, ADA, Section 504 Plan) may apply in the school or work setting. Kelly is a certified Yoga Calm Youth Instructor, and offers Yoga Calm® classes to help children develop healthy habits and skills. She incorporates yoga and mindfulness strategies in her counseling practice as it integrates physical, mental, emotional, and social development.

Heidi Valdez, LMSW - Heidi Valdez is a Licensed Master Level Social Worker. She received her Master's degree from the University of Iowa, School of Social Work - Des Moines Campus. Heidi has worked as a School Social Worker for Des Moines Public Schools for 15 years where she is currently a General Education Social Worker for Early Childhood Programs. Heidi is also a therapist for New Sight, Inc., a community based mental health agency in Des Moines, where she counsels children and families. She also recently completed education through the Institute of Integrative Nutrition (New York, New York) and received a certificate for integrative health coaching. Heidi is a certified Yoga Calm Youth Instructor, and offers Yoga Calm® sessions to help children and families develop healthy habits and skills. She incorporates yoga and mindfulness strategies in her counseling practice as it integrates physical, mental, emotional, and social development. Heidi resides in Des Moines where she enjoys going for walks, watching sports, spending time with friends, family, and her cat Hawkeye.

When: Friday, October 27th

Time: Registration at 8:00 AM Conference begins at 8:30 and concludes at 4:15pm

Includes lunch and awards banquet (11:45-1:00)

**Where: Grand View University, Des Moines, IA
2811 East 14th Street**

**To Register for the Conference:
www.isswa.org**

Please register online if possible by October 20, 2017

- Conference Fee (ISSWA Member) \$75
- ISSWA Membership Dues \$45
- ***ISSWA Membership Dues*** \$120 Membership can be completed online + ***Conference Fee (discounted rate)***
- Conference Fee (Non-member) \$150
- Student Conference Fee \$45
- Lunch Only \$20

Registration due by October 4, 2017 to guarantee lunch. Walk-in registrants welcome but cannot be guaranteed lunch.

6 hours of CEU available

Mail in registration is also available, please circle the registration level and complete the contact information and send payment with this registration page to:

**Patricia Heisterkamp, ISSWA Treasure,
1215 Amelia Drive #1, Cedar Falls, IA 50613**

Name: _____

Email: _____

AEA or District or University (student): _____

Address: _____

Phone: _____

Role in School (school social worker/school counselor/school psych., etc:

