



NATIONAL CENTER for  
**YOUTH ISSUES**

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*Speakers Bureau*



# Allison Edwards

COUNSELOR, AUTHOR AND SPEAKER

Allison Edwards LPC, RPT is an affiliate professor in the Human Development Counseling department at Vanderbilt University, the author of *Why Smart Kids Worry* and *Worry Says What?* and the creator of *Anxiety Tracker* an iPhone app that helps track anxiety. Allison received her graduate degree in Counseling from Vanderbilt University and is a National Certified Counselor, Licensed Professional Counselor, and Registered Play Therapist. Allison has over 20 years experience working as a school teacher, school counselor, child/adolescent psychotherapist, and educational consultant to schools throughout the country.

Allison travels both nationally and internationally training professionals in the areas of empowering anxious children in the classroom, managing the emotional needs of students, recognizing the social/emotional needs of gifted students, and sharing how educators can talk to parents about student anxiety. Allison helps school leaders understand how social/emotional differences can be supported in their neurologically diverse student populations, and provides consultation and staff development on how to effectively improve emotion regulation in the classroom.

A BRIEF LOOK AT ALLISON'S SESSIONS (continued on the back)

## **Why Smart Kids Worry and What Teachers Can Do to Help**

Based on her best-selling book, Allison guides participants through the mental and emotional process of where the fears of smart kids come from and why they are so hard to move past. She explains why highly intelligent kids have a higher prevalence of social and emotional problems and how these differences present themselves in the classroom. In addition, she teaches 10 specially designed tools participants can use to help smart kids not only succeed in the classroom, but in life.

## **15-Minute Counseling Techniques that Work: What You Didn't Learn in Grad School**

Feel like you don't have enough time to do counseling? Participants will learn 15 counseling techniques that can be implemented in less than 15 minutes from when a student walks into your office. The program can be suited to elementary, middle, or high school counselors (or a combination of all) and participants will not only learn the strategies but will be doing them alongside Allison as she teaches how to implement them. Get out your Play-Doh! This hands-on, experiential program will revolutionize your counseling department and help kids leave feeling empowered.

Contact Robert Rabon at [rrabon@ncyi.org](mailto:rrabon@ncyi.org) or 423-309-4300 to engage Allison for your event

## Approaching Anxiety: How (and When!) Educators Can Intervene

Anxiety is the #1 mental health disorder in the country and affects nearly 30% of students. Each day students walk into classrooms with upset stomachs, sweaty palms and minds spinning with fear-based thoughts. Learn how to recognize anxiety in children, how to support anxiety in neurologically diverse classrooms, and how to talk to parents about student anxiety. Educators will leave the session with confidence to identify issues to address inside the classroom and how to work with outside professionals to help anxious children begin to thrive.

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## How to Drain the Emotional Tank: Helping Students with Emotion Regulation (classroom teacher focus)

Teachers walk into classrooms everyday with students who have difficulty managing emotions. In this workshop, teachers will learn why Emotion Regulation is so hard for students (based on their backgrounds, Trauma and ACE's) and learn effective ways to help students. Based on brain research, teachers will learn tools to help even the most dysregulated students become successful in the classroom.

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## Helping Students with Trauma and Emotional Dysregulation (school counselor focus)

Counselors work daily with students who are unable to regulate their emotions. Trauma and ACE's are a large part of this epidemic and based on brain research, this workshop will help counselors learn how to identify triggers, teach effective coping strategies, and help students go from debilitated to empowered.

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## The Emotional Effects of Social Media

Social media is proven to increase anxiety and depression, yet 92% of all teens have social media accounts and 45% say it's the primary way they connect to peers. Learn why the adolescent brain is more reactive to social media and how dopamine causes addictive behaviors that impair the lives of today's teenagers. Counselors will leave with effective strategies to help teens make better choices, manage their time, and connect with peers in positive ways.

BY ALLISON EDWARDS



### Worry Says What? (Ages 5-12 years old)

*Worry's songs tie my tummy up in knots,  
and the things he says make my heart beat very fast.  
Sometimes he speaks in a whisper, and other times  
his voice gets so loud I can't hear anything else."*

Worry and anxiety are currently the top mental health issues among children and teens. Children have a number of worries throughout childhood that will come and go. The problem is not with the worries themselves, but that children believe the worries to be true. With a relatable story and beautiful artwork, *Worry Says What?* will help children (and adults) flip their thinking when anxious thoughts begin and turn them into powerful reminders of all they are capable of accomplishing.

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