Introducing your line up of speakers for this year’s 40th Anniversary National Conference on Tourette Syndrome Plus...

Accommodations:
Fantasyland Hotel
or
West Edmonton Mall Inn, Edmonton, AB

September 29 – October 1, 2016

Honourable Sarah Hoffman, Deputy Premier & Minister of Health

Opening remarks and welcome from the Government of Alberta

Brad Cohen – Our Key Note Speaker

Brad Cohen is an American motivational speaker, teacher, school administrator, and author who has severe Tourette syndrome (TS). Cohen described his experiences growing up with the condition in his book, *Front of the Class: How Tourette Syndrome Made Me the Teacher I Never Had*, co-authored with Lisa Wysocky. The book has been made into a Hallmark Hall of Fame TV movie titled *Front of the Class*. During his childhood, Cohen was accused of being a troublemaker in school and was punished by his teachers for the tics and noises caused by TS. He decided to "become the teacher that he never had". After he graduated and received his teaching certificate, 24 elementary schools rejected him before he was hired at Mountain View Elementary School in Cobb County, Georgia. As a new teacher, he was named Georgia's First Class Teacher of the Year.

Dr. A. Carroll, M.B., Bch., BAO, MRC-Psych, FRCP(C) – “Tourette Syndrome – 130 years later – what do we know now?”

Dr. Carroll, Psychiatrist at the Tourette Clinic in Edmonton will provide a brief overview of the history of Tourette Syndrome, understanding genetics, environmental influences, natural course and complimentary and traditional treatments.

Dr. Carroll received medical training at Trinity College, Dublin Ireland, Psychiatric training in Wessex England and University of Alberta and is a Clinical Professor of Psychiatry, University of Alberta as well as the Clinical Director of the Tourette Clinic at the Glenrose Rehabilitation Hospital, Edmonton. He has also published papers on Tourette syndrome and is a member of the team that published Canadian Guidelines for the evidenced based Treatment of Tourette Syndrome.

Debra Kryzanowski – “Let Food be your medicine”

Debra has a Bachelor of Science in Nursing and has been a Registered Nurse for 30 years in various capacities including teaching, geriatric psychiatry, management, and child psychiatry. She has worked in the Tourette Clinic, Edmonton, Alberta, with Dr. Carroll for 13 years. Debra is also a Certified Holistic Nutritionist and her interests lie in the field of natural health, nutrition and health promotion.
Dr. M. Witmans – “Sleep, Inflammation and Tourette Syndrome”

Dr. Manisha Witmans is a Board Certified Sleep Medicine Specialist, who also specializes in pediatric pulmonology. Dr. Witmans was on the committee for the development of the current international guidelines on the use of polysomnography in pediatric respiratory and non-respiratory sleep disorders. She developed the pediatric sleep program at the Stollery Children’s Hospital in Edmonton, Alberta.

Dr. S. Al-Nuaimi – “Executive Dysfunction”

We will explore various aspects of executive dysfunction in an effort to better understand and clinically manage this challenging condition.

Saleem Khaldoon Al-Nuaimi is a practicing Child & Adolescent Psychiatrist in Edmonton. He completed his medical school and residency training at the University of Alberta. He works at the Tourette’s Clinic at the Glenrose Hospital as well as Crisis Emergency Services based out of the Stollery Hospital. He has a special interest in neuro-developmental disorders and crisis management. Dr. Al-Nuaimi also has a passion for refugee mental health as well.

Dr. S. Swedo – “PANDAS and PANS – Moving beyond the Controversies”

Dr. Swedo, Chief of the NIMH Pediatrics and Developmental Neurosciences branch in Bethesda, Maryland will present the latest research findings related to the diagnosis, treatment, and prevention of PANDAS (Pediatric Autoimmune Neuropsychiatric Disorder Associated with Streptococcal infection) and PANS (Pediatric Acute-onset Neuropsychiatric Syndrome).

Dr. Swedo will present the latest research findings related to the diagnosis, treatment, and prevention of PANDAS (Pediatric Autoimmune Neuropsychiatric Disorder Associated with Streptococcal infection) and PANS (Pediatric Acute-onset Neuropsychiatric Syndrome).

The first cases of post-infectious, acute-onset obsessive-compulsive disorder (OCD) were described over two decades ago (Allen et al, 1995). Subsequent research demonstrated that infections with Group A streptococcal bacteria (strep) were particularly often the triggering factor in acute-onset OCD and related conditions, leading to description of the PANDAS subgroup. However, the requirement that children have two strep-triggered episodes proved difficult to implement, particularly for children with tic disorders, so a broader category of acute-onset OCD (PANS) was proposed with just two diagnostic criteria: 1) Acute onset of OCD or food restriction, and 2) Concomitant onset of symptoms in at least two of the following categories: 1. Anxiety; 2. Emotional lability and/or depression; 3. Irritability, aggression and/or severely oppositional behaviors; 4. Behavioral (developmental) regression; 5. Deterioration in school performance; 6. Sensory or motor abnormalities; 7. Somatic signs and symptoms, including sleep disturbances, enuresis or urinary frequency. The presentation will review diagnostic and treatment guidelines for both PANDAS and PANS, as well as discussing the clinical and basic science investigations which have contributed to our understanding of the causes, disease mechanisms and treatment of these troublesome conditions.
Ken Shyminsky – “Tourette Syndrome – Understanding and Overcoming the challenges in the Classroom”

Ken Shyminsky is a Vice Principal with the Halton District School Board who specializes in challenging behaviours, he has drawn upon his personal experiences as a teacher and student with Tourette Syndrome to help children with TS and related disorders. www.neurologicallygifted.com is Ken’s website.

1. Working Together, Moving Forward
Ken Shyminsky shares his understanding of TS+ and will discuss the effective strategies that he relies upon as an individual with TS+ and as a parent. Specific topics will include:

1. Strategies for Managing ADHD and Tourette Syndrome
2. Understanding OCD and helping your child recognize and manage its effects
3. Redirecting Tics and Coprolalia (swearing)
4. Managing and Reducing ODD, Rage and Negative Thoughts and Behaviours
5. Teaching your child to Self-Reflect and Foster Personal Growth
6. How to protect yourself and your family

Amanda Welliver, Paradigm Esteem – “I am Beautiful Because…”

Living with a severe stutter, Amanda Welliver is a recognized motivational/inspirational speaker and author of self-esteem textbooks, Amanda's programs aim to change the lives of youth and adults by teaching them the art of self-appreciation, self-esteem, power of positive thinking and an overall positive self-loving image. Amanda is a businesswoman making a large emotional difference by teaching others from her heart and with the passion of a changed life.

Kim Unrau, Learning Disabilities, Edmonton, AB

Kim Unrau, President of LD Edmonton is a registered Psychologist with over 20 years of experience working for a local school district. Kim is passionate about supporting and advocating for children with special needs and their families, and works with families on a regular basis in the school system and through the work of LD Edmonton.

1) Advocating for Your Child with Special Needs: presented by Kim Unrau, President, LD Edmonton
Come learn about the rights of you and your child, and how to make your voice heard when dealing with large systems and bureaucracies to qualify for and access services and supports in your community. Information will be provided on strategies for how and when to advocate and ideas on what to do when things go wrong.

2) Learning Disabilities: An Introduction; presented by Kim Unrau, President, LD Edmonton
Come find out what a learning disability is, how to recognize signs of learning disabilities in children across ages, how to get a diagnosis, conditions that coexist with learning disabilities, and tips for parents, teachers and others working with children who struggle with reading, spelling, writing and/or math.
Kit Goguen – “An inspiring show-lecture about accepting and dealing with differences”
Renowned singer-songwriter, musician, actor and public speaker, Christina Kit Goguen brings his first-hand experience of living with Tourette Syndrome to his motivational show-lecture.

Sharing his experience with Tourette Syndrome, being bullied in school and having to overcome many challenges in life in order to succeed, Christian Kit Goguen’s motivational show-lecture Open-Book is a must for students of all ages, as well as teachers.

Alan Jeans, BFA, B.Ed, M.Ed
Manager, Disability Services and Testing Centre
NorQuest College

Alan Jeans’ recent Master’s thesis examined theatre as a tool to build/enhance self-advocacy and self-confidence in youth with Tourette Syndrome. As an individual with TS+, Alan has volunteered with Tourette Canada since 2009. His role managing post-secondary disability services has furthered his work as an advocate for individuals with disabilities.

1. “Talk out your Tics: Decreasing Tics by Sharing the Experience”,
This session will look at the way talking about your experience of TS can lead to less increased ownership over TS, meaning less worry about what people think, and ultimately less stress. All of this together can lead to a decrease in stress related tics. In this session we’ll have some fun playing with some great and not so great ways to let people know that you have TS).

2. “Identifying Barriers and Supporting Increased Ownership”
This session will examine the teacher’s role in helping students with TS+ identify their own barriers to education. This session will also build a framework to allow educators to shift between being advocates and/or allies for youth with TS+.

3. “Accommodations and Supports throughout Education: Transitioning between High School and Post Secondary”
This panel discussion session will include disability services specialists from NorQuest College, University of Alberta, McEwan University, and NAIT. The session will begin with a short introduction in which some assistive technology accommodations will be demonstrated as well as a discussion on various accommodations and supports available in a college or university. The session will then move into a Q&A in which youth and parents can inquire about post secondary accommodations and supports.

4. “The Internalized Barriers of TS+”
The session will look at the negative psychosocial-emotional effects that can occur when social barriers are internalized. It will examine internalized emotional responses such as anger, guilt, loneliness, and anxiety, and explore potential ways of dealing with these emotions.]
Dyan Eybergen, RN, ACPI Certified Parent Coach – “Lego Social Skills” Coach Apparent

Behavioural health consultant, trained Lego® play facilitator and an award-winning author is recognized for her common-sense, child-focused strategies to develop moral character and strengthen interpersonal relationships. Considered an expert in her field, Dyan is a respected professional speaker on mental health and parenting and appears monthly on Edmonton’s CTV Morning Live Show.

Kathy Mulka, BScOT(c), M.Ed. – “Sensory Processing and Tourette Syndrome (TS): the sensory part of the puzzle” Unlimited Potentials

This presentation will give an overview of sensory processing issues and how they may impact an individual with Tourette Syndrome. Many individuals with TS exhibit atypical sensory functioning. A need for more than average sensory input (sensory seeking/craving) and/or sensory sensitivity can lead to behavioural challenges, avoidance of activities and create interference with relationships for those affected by TS and sensory processing challenges.

Kathy has been an occupational therapist for 30+ years in Edmonton, Alberta. She currently Co-chairs the OT Sensory Processing Network (Canadian Association of Occupational Therapists). Kathy is SIPT certified (Sensory Integration and Praxis Test), and her private clinic, Unlimited Potentials, specializes in occupational and sensory integration therapy.

Educator’s Track - Recognizing Tourette Syndrome in the Classroom

Cathy Wylie is a trainer and educator, and has served as the President of Tourette Canada. She has co-authored Tourette Syndrome: A Handbook for Families and is responsible for training Tourette Canada’s In-Service Presenters.

Would you recognize the symptoms of Tourette Syndrome if you had a child in your class with the disorder? The symptoms of Tourette Syndrome (TS) range from the mild to severe and manifest differently from person to person. TS is often associated with other disorders such as Attention Deficit Hyperactivity Disorder (ADHD), Obsessive Compulsive Disorder (OCD), anxiety and mood disorders.

This session will give you a primer on Tourette Syndrome and its associated disorders, including diagnosis, symptoms, what you may see in the classroom, the impact on the student, and an introduction to some strategies for the classroom.

General Track - My Child has Tourette Syndrome. Now What?

Cathy Wylie is a trainer and educator, and has served as the President of Tourette Canada. She has co-authored Tourette Syndrome: A Handbook for Families and is responsible for training Tourette Canada’s In-Service Presenters.

Receiving a diagnosis of Tourette Syndrome can be overwhelming and trying to weed through the information from the doctor, on the internet, and elsewhere can be difficult and even scary. This session will give you the basic information you need to know about Tourette Syndrome (TS) and its associated disorders. It will cover diagnosis, the symptoms, and strategies that will help you deal with school life, social life, and life at home.