



## 2023 MCGT Conference Adult Session Descriptions

### **The ADHD Brain: Neurobiology and Real-life Implications of Executive Function in Gifted Students** **Liz Adams, Ph.D, LP, ABPP-CN**

We'll explore aspects of neuroscience behind motivation/rewards, focus/attention, working memory/organization, and emotion regulation/intensities. We'll discuss examples of how these cognitive concepts show up in everyday life. We'll discuss supports and other perspective-shifting exercises (e.g., "both/and expansiveness" and "future visioning") to help parents maintain a compassionate and creative mindset for their neurodiverse gifted kids (and, thanks to the high heritability rate of ADHD, maybe even for themselves).

**Content Area:** Executive Functioning, Special Learning Needs, Neuropsychology/ADHD

**Ages of Focus:** All Ages

*Dr. Liz Adams is a board-certified clinical neuropsychologist, and owner of Minnesota Neuropsychology. She has been practicing neuropsychology for 16 years, and she is passionate about finding new ways to think creatively about ADHD and other aspects of neurodiversity. She completed a PhD at Fuller Graduate School in Los Angeles, including clinical training at UCLA's Neuropsychiatric Institute. She completed a residency in neuropsychology at Rush University Medical Center and a 2-year post-doctoral fellowship in neuropsychology at the Medical College of Wisconsin. She is a member of MCGT and has presented at MITY and MEGT. She sees a wide range of twice exceptional students in her neuropsychology practice.*

### **Stealth Dyslexia**

**Liz Adams, Ph.D, LP, ABPP-CN**

"Stealth Dyslexia" describes reading difficulties that can be hidden by the gifted student's ability to compensate. Alternatively, for some gifted students, the dyslexia may hide the individual's high intellectual aptitude. We will discuss case examples of each of these scenarios. We will discuss the quantitative analysis of the cognitive test score profile of stealth dyslexia. We will discuss the neuroanatomy of dyslexia. We will discuss how best to help students with Stealth Dyslexia in the classroom and at home.

**Content Area:** Special Learning Needs

**Ages of Focus:** Middle and High School

*Dr. Liz Adams is a board-certified clinical neuropsychologist, and owner of Minnesota Neuropsychology. She has been practicing neuropsychology for 16 years, and she is passionate about finding new ways to think creatively about ADHD and other aspects of neurodiversity. She completed a PhD at Fuller Graduate School in Los Angeles, including clinical training at UCLA's Neuropsychiatric Institute. She completed a residency in neuropsychology at Rush University Medical Center and a 2-year post-doctoral fellowship in neuropsychology at the Medical College of Wisconsin. She is a member of MCGT and has presented at MITY and MEGT. She sees a wide range of twice exceptional students in her neuropsychology practice.*

### **The 'Too Much' Kids: A Discussion of Intensity through the lens of Dabrowski's Overexcitabilities** **Carol Malueg and Joan Larson, M.A. Gifted, Talented, and Creative**

Have your children ever heard that they are too emotional, too curious, or just too intense? Gifted kids (and adults) are often misunderstood and sometimes even mislabeled. Joan and Carol will talk about

another way of thinking and talking about our kids using the framework of Dabrowski's 5 intensities, or overexcitabilities. Let's talk about how we can better understand and support our kids at home and at school.

**Content Area:** Social Emotional

**Ages of Focus:** All Ages

*Carol Malueg is a learning coach and consultant, specializing in gifted and twice-exceptional education and support. Carol sits on the Board of Directors for the Minnesota Council for the Gifted and Talented (MCGT) and the Gifted Homeschoolers Forum (GHF). She was honored with the MCGT Friend of the Gifted award in 2020. Her company, Gifted Roads, addresses the gifted and multi-exceptional experience across the lifespan. <https://giftedroads.com>*

*Joan Larson, M.A. Gifted, Talented, and Creative, has been a teacher of high potential students for over 30 years. In addition, she is Master Facilitator for SENG and has presented at regional and national conferences.*

### **The Challenge of Being Good at Almost Everything**

**Josh Chambers, M.A.**

Gifted people often find themselves being good at many different things, a concept sometimes called "multipotentiality." While being good at almost everything may seem like a gift, it can result in gifted people not learning their core strengths. This, coupled with the fact that gifted people are high achievers in most settings, can result in the belief that failure is an internal flaw. It can also diminish one's ability to experience a sense of purpose and connection, resulting in angsty development and scattered adults. This talk will explore how to help navigate the pros and cons of being good at almost everything and how to foster a deeper connection with one's strengths and values.

**Content Area:** Social Emotional, Characteristics of Gifted

**Ages of Focus:** All Ages

*Josh's career began as a professional athlete in 1999. Fifteen broken bones later, it was time for a change. Since then, Josh has been an award-winning entrepreneur, a designer, an aid worker, an advertising executive, and an executive coach. Josh has two neurodivergent kids and is a licensed professional counselor (LPC) with a focus on gifted and neurodivergent people.*

### **Curating your child's education through homeschooling and more**

**MCGT's CHOICES Chapter Panel hosted by Kelly Noah**

Many gifted kids have a great educational experience where they learn at their local district schools during the day, then their parents facilitate lifelong learning across nights, weekends, and summer. Other families replace that familiar traditional public school module with other ways of learning: parent-led homeschooling, co-ops and learning pods, part-time schools, virtual programs, and more. Join a panel of MCGT homeschooling parents for a conversation about curating your gifted child's education in today's world; we welcome curious onlookers as well as veterans seeking connections and ideas for fine-tuning.

**Content Area:** Home School Options

**Ages of Focus:** All Ages

*While our homeschool panel is a perennial presence at the MCGT conference, we feature different veteran homeschooling parents each year. Join us to see which community mentors will be sharing their experiences.*

### **Toolkit for Positive and Productive Advocacy**

**Kathy Geary and Carol Malueg**

Join Kathy and Carol for an interactive and informative workshop on advocating for your gifted or twice-exceptional child.

**Content Area:** Advocacy

**Ages of Focus:** All Ages

*Katherine Geary serves on the Board of Directors for the Minnesota Council for the Gifted and Talented (MCGT) and the Minnesota Institute for Talented Youth (MITY). Kathy leads MCGT's Advocacy Committee, providing resources and support for families engaged in the advocacy process. MCGT recognized Kathy with their Friend of the Gifted award in 2016.*

*Carol Malueg is a learning coach and consultant, specializing in gifted and twice-exceptional education and support. Carol sits on the Board of Directors for the Minnesota Council for the Gifted and Talented (MCGT) and the Gifted Homeschoolers Forum (GHF). She was honored with the MCGT Friend of the Gifted award in 2020. Her company, Gifted Roads, addresses the gifted and multi-exceptional experience across the lifespan. <https://giftedroads.com>*

## **Recognizing Anxiety in Gifted Children**

**Shelly Harvey, MA, MBA, LPC, LSC**

Levels of childhood anxiety are on the rise and gifted children are no exception to this trend. In this session we will explore the seven ways your child may be telling you they are experiencing anxiety without directly saying so. You will leave with evidence-based tools to help your child cope with their anxiety and tips for working with your child's school to identify possible accommodations. This session is intended for parents early in their journey learning how to identify signs of anxiety and help their child develop coping skills.

**Content Area:** Mental Health Need

**Ages of Focus:** All Ages

*Shelly Harvey, MA, MBA, LPC, LSC is a mental health counselor, parenting coach, and parent of a gifted son. She utilizes a strength-based approach grounded in neuroscience to help individuals discover their talents and passions, learning to leverage them to cope with the challenges they face in life. She specializes in treating anxiety, ADHD, family conflict, self-esteem, traumatic experiences and life transitions – all while focused on helping people build healthier, mutually satisfying relationships.*

## **Current Social and Emotional Needs of Gifted Students. What are they and what can we do about them?**

**Joan Larson, M.A. Gifted, Talented, and Creative and Mark Larson, PhD.**

Participants will be met with a series of current social and emotional needs of their gifted students. They will be provided with examples and possible ways to go about reframing the thinking patterns, creating alternative perspectives, and advocating (not aggravating) school personnel.

**Content Area:** Social Emotional, Advocacy

**Ages of Focus:** All Ages

*Joan Larson, M.A. Gifted, Talented, and Creative, has been a teacher of high potential students for over 30 years. In addition, she is Master Facilitator for SENG and has presented at regional and national conferences.*

*Mark Larson, PhD, has been in public education for over 35 years most recently as a superintendent of schools. He was instrumental in revamping and developing a school within a school model for highly gifted students. Most recently, he has been an executive coach, keynote speaker, and educational consultant. Expertise is in research and writing, strategic planning, and mediation.*

## **Differentiating Instruction in Homeschool Settings**

**Julie Light, Ed.D**

This session is primarily designed for home-school instructors who want to learn more about why and how to design/modify/differentiate lessons and units for highly capable or talented learners who benefit from higher level (deeper), creative thinking, and other forms of advanced cognitive skills. This session is also appropriate for parents and teachers who want to learn more about differentiated instruction.

Creative Problem Solving, Bloom's Taxonomy, Future Problem Solving, inventive thinking, and differentiating lessons according to complexity will be explored.

**Content Area:** Social Emotional, Home School Options, Special Learning Needs

## **Ages of Focus:** All Ages

*Dr. Julie Light was a teacher/leader in schools for over 22 years, with the vast majority of the time in gifted/talented education. In addition to designing and implementing programs and curriculum for advanced learners, she has extensive experience training teachers in how to meet the needs of gifted, talented, and 2E learners. She has conducted many parent sessions regarding the needs of gifted learners. Most recently, she has spent several years as a family/school consultant and as an academic coach.*

## **Strategies to reduce emotional overwhelm for gifted/2e kids**

### **Danika Maddocks, Ph.D., L.P.**

Is your kid easily overwhelmed by their emotions? Perhaps their feelings seem more intense than their peers' or seem to last longer. Do they argue, cry, scream, throw things, or hit others when they're overwhelmed? If so, you're not alone. A lot of gifted/2e kids can learn and describe regulation strategies when they're calm, but aren't able to use them in the heat of the moment. In this session, I'll be sharing three accessible, parent-focused strategies to reduce kids' emotional overwhelm. These are strategies you can implement on your own to help your kid feel less overwhelmed.

**Content Area:** Social Emotional, Mental Health Needs, Special Learning Needs, Twice-Exceptionality

**Ages of Focus:** All Ages

*Dr. Danika Maddocks is a psychologist and founder of The Gifted Learning Lab. Danika has supported gifted and twice-exceptional kids and families for over 15 years as a teacher, therapist, assessment provider, award-winning researcher, and parent coach. As a former gifted kid who's raising an intense gifted preschooler, Danika is on a mission to make parents' lives easier so gifted and twice-exceptional families can thrive. She combines intuition, compassion, and humor with practical strategies that help you build a calmer and more connected family life.*

## **Gifted 101**

### **Pam McDonald, M.A.**

Has your child recently been identified as gifted or are you thinking he/she/they should be identified? Here is what to expect from a school lens along with practical parenting tips. A bevy of student and parent resources will also be shared. This is a must attend session for those new to the gifted world.

**Content Area:** Social Emotional, Advocacy, Characteristics of Gifted, Mental Health Needs, Special Learning Needs

**Ages of Focus:** Elementary

*Pam McDonald has been involved in the world of Gifted Education for over 35 years. Teacher, District Coordinator, Adjunct Professor, and Consultant are some of the roles she has been involved in. Her graduate work was completed at the University of St. Thomas in the area of early gifted learners which continues to be her passion topic. She recently added children's book author to her resume. Her first book, *The Christmas Heart* was released this May by Fox Pointe Publishing.*

## **Dyscalculia - Helping with Math Challenges**

### **Martha Palm, BA, MaED, Gifted, Twice Exceptional Certification**

This presentation will show you how to help kids become stronger in mathematical thinking. Does your child struggle with learning the multiplication table? Is it hard to compute without counting on fingers? I will explain how to understand their thinking and help them understand the world needs people who think as they do.

**Content Area:** Social Emotional, Home School Options

**Ages of Focus:** Elementary

*Martha Palm is a dedicated educator with 30+ years of experience. She holds a Master's in International Education with a certificate in both Gifted Education and Twice Exceptional Education. Martha is passionate about helping kids with visual and spatial strengths to understand how to be the boss of their*

*brains. Her experience ranges from gifted kids with dyslexia, dyscalculia, ADHD, and kids on the autism spectrum. Her mission is to help kids understand how to manage their brains to pave the way for achieving their potential in the classroom.*

### **The Joy of Reading!**

**Grace Raymond**

Do you have a child who is passionate about reading? Are you constantly searching for ideas and book selections that match their interests with their reading ability while being conscious of the content? Do you need ideas about how to have a high level conversation about a book with your child that you have not read? Are you interested in how to leverage artificial intelligence (AI) in this process? Curious? Come join in the conversation, explore AI and learn more about the GT research around talented readers and the Joy of Reading!

**Content Area:** Characteristics of Gifted, Reading

**Ages of Focus:** All Ages

*Grace Raymond is currently the Talent Development and Acceleration Services (TDAS) Coordinator for St. Paul Public Schools. She has been involved in Gifted Education over the past couple of decades as Curriculum Coordinator of Capitol Hill Gifted and Talented Magnet School in St. Paul. She has participated and collaborated in two National Research Studies through a Javit's Grant: The Schoolwide Enrichment Model Reading SEM-R study led by Dr. Sally Reis from the University of Connecticut (UCONN); and the study of Twice Exceptional Children, Project 2EXCEL with Dr. Karen Rogers from the University of St. Thomas. Grace is passionate about being responsive to the various needs of all children by seeking ways to provide access and opportunity for them to learn and grow to their fullest potential.*

### **Let's Stop Crashing Into Writing**

**Tina Van Erp, M.Ed**

Using human-centered design's "crash course", this session will immerse you into your struggle with your learner and writing. Gifted learners have a complex relationship with learning to write and writing. Together we will quiet the noise and identify the first steps to supporting you and/or your learning in improving their relationship with writing. You will leave the session with a new perspective, a lot of knowledge of reasons why gifted learners struggle with writing and the first next right steps to reconnecting your support and partnership with your child.

**Content Area:** Special Learning Needs

**Ages of Focus:** All Ages

*Tina Van Erp, M.Ed is a Gifted Learner Coach, Learning Specialist, Human-centered Designer and Travel Group Leader with 20 years of experience working with gifted learners and their families. As The River® Coach, she empowers gifted learners through knowledge of themselves as a learner, a positive relationship with learning and developing a personal style of self-advocacy.*

### **Parenting Like Newt Scamander**

**Mary L. Wandrei, Ph.D**

Parenting a gifted tween or teen can feel like tending to a fantastic beast: exhilarating and rewarding, yet weird and exhausting. Here we'll talk about the model that movie character Newt Scamander offers for understanding, communicating with, and guiding gifted adolescents in an assortment of situations, even when we feel less than fantastic ourselves.

**Content Area:** Social Emotional, Characteristics of Gifted, Mental Health Needs

**Ages of Focus:** Middle and High School

*Mary L. Wandrei, PhD, specializes in psychotherapy for gifted and talented and twice-exceptional children and adults; autism screening/consultation; school adjustment and educational planning; and consultation around executive functioning, anxiety, depression, sensory processing, and temperament issues. She also supervises therapists in training, who often have openings when therapy is hard to find, and offers*

*office space for multidisciplinary providers (therapists, nutritionists, coaches) who work with intense and gifted individuals.*