

HELPING GIFTED KIDS MANAGE “ALL THE FEELS”

Webinar Facilitator’s Guide



TEXAS ASSOCIATION FOR THE
GIFTED & TALENTED

Helping Gifted Kids Manage “All the Feels”

DISCUSSION QUESTIONS

- In what situations does your child exhibit intense emotions?
- Are there times when your child is better about regulating their emotions than others?
- What type of awareness of the proportionality of their emotions does your child show?
- What activators do you notice related to your child’s dysregulation?

- How has your child's awareness of activators of dysregulation changed over time?
- Sometimes parents have their own reactions to a child's dysregulation. How do your emotions/reactions influence your child's willingness or ability to self-advocate?
- What strategies have been helpful to your child that might be useful for other parents?
- Which step of the I-CAN Method for emotional regulation do you feel is the step that will be most helpful to your child?

About Emily Kircher-Morris

Emily Kircher-Morris, M.A., M.Ed., LPC, inspired by her own experiences as a neurodivergent person, is dedicated to destigmatizing neurodiversity and supporting neurodivergent people of all ages. She started her career in education and is now in private practice near St. Louis, Missouri as a licensed professional counselor, where she specializes in supporting gifted, twice-exceptional, and neurodivergent kids and adults (and their families).



Emily is the author of two books related to the development of children and teens who are neurodivergent and cognitively gifted. *Teaching Twice-Exceptional Learners in Today's Classroom* (Free Spirit Publishing, 2021) focuses on supporting 2e learners in the educational setting, and *Raising Twice-Exceptional Children: A Handbook for Parents of Neurodivergent Gifted Kids* (Routledge, 01/22) is a guide for parents navigating the world of twice-exceptionality.

Emily hosts *The Neurodiversity Podcast*, which explores the psychological, educational, and social needs of neurodivergent people. She speaks at statewide, national, and international conferences and frequently provides virtual and in-person professional development to educators, mental health clinicians, and parents worldwide.

MORE RESOURCES

<https://neurodiversitypodcast.com/home/2022/6/17/episode-128-what-were-learning-about-pervasive-pathological-demand-avoidance>

<https://neurodiversitypodcast.com/home/2022/3/10/episode-116-understanding-behaviors-and-emotional-regulation-with-mona-delahooke>

<https://neurodiversitypodcast.com/home/2021/12/29/episode-108-biggest-conversations-of-2021-oppositional-defiant-disorder-from-episode-92>

<https://neurodiversitypodcast.com/home/2018/6/27/episode-12-all-the-feels-and-then-some>

LEARN MORE ABOUT TAGT!



www.txgifted.org