

Gifted & Distractible

Newsletter for the Twice Exceptional Community



WITH UNDERSTANDING COMES CALM, LLC
*Compassionate Guidance. Durable Strategies.
For the 2e Community.*

This issue of "Gifted & Distractible" sponsored by:



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This issue of Gifted & Distractible considers the importance of looking at the 2e person's experience through a trauma-informed lens. Think about how the trauma perspective can help in the

tens. Think about how the trauma perspective can help in the healing process.

In this issue read:

- Julie's blog "Pardon Our Mess, We're Under Construction"
- Why Mindfulness and Trauma Informed Teaching Don't Always Go Together
- Conversations on Gifted Trauma
- How Teachers Can Support and Challenge Twice Exceptional Students

Read what people are saying about 2 Days of 2e Virtual Conference ON-DEMAND FOR JUST 3 MORE MONTHS!

Find out where With Understanding Comes Calm has been and where it will be in the Community.

Learn about Events for twice exceptional families and educators.

Julie's Blog





In this month's blog, "Pardon Our Mess, We're Under Construction," Julie compares the 2e experience to a building site and recognizes that the trauma 2e children experience, chips away at their foundation of resilience and self love. [Read it.](#)

ARTICLES

Mind/Shift

"Why Mindfulness and Trauma-Informed Teaching Don't Always Go Together" addresses the importance of throwing away the cookie cutter for our 2e kids. Even Mindfulness isn't always done right for regulating our kids. [Read it.](#)

INTERGIFTED

Conversations on Gifted Trauma considers the important topics of "shame" and "connection" in considering the gifted experience. [Read and Listen here.](#)

EDUCATION WEEK TEACHER

[How Teachers Can Support and Challenge Twice Exceptional Students](#) is the topic of this article.

With Understanding Comes Calm in the Community



2 Days of 2e Virtual Conference

Available through April 2019

Join Parents Educators and Clinicians from all over the world at
[2 Days of 2e Virtual Conference!](#)

We are ON DEMAND through April 2019.

- Learn from **Renowned Experts** about everything from
 - identification,
 - medication

- misdiagnosis,
 - anxiety,
 - perfectionism, and
 - underachievement, to
 - strengths based strategies,
 - talent development, and
 - advocacy
- Build community in our parent and teacher **Chat Forums**
 - Interact with over thirty resources in our **Exhibitor Hall**

[Register today!](#)

What people are saying about 2 Days of 2e Virtual Conference:

"I just finished watching all 10 sessions of the Virtual Conference and thoroughly loved every session. The idea of twice exceptional is not something I learned about in my educational studies (bachelors or masters programs). I had first hand experience with a 2e student in my classroom early on in my career... if only I had resources back then like you provided in this conference. I wish I could go back and fix things that could have been handled differently. While I am a former full-time teacher I am currently a stay at home mother of gifted children (1 possibly 2e) and things I learned in this conference will be used in my home with my children right away." -Parent and Educator

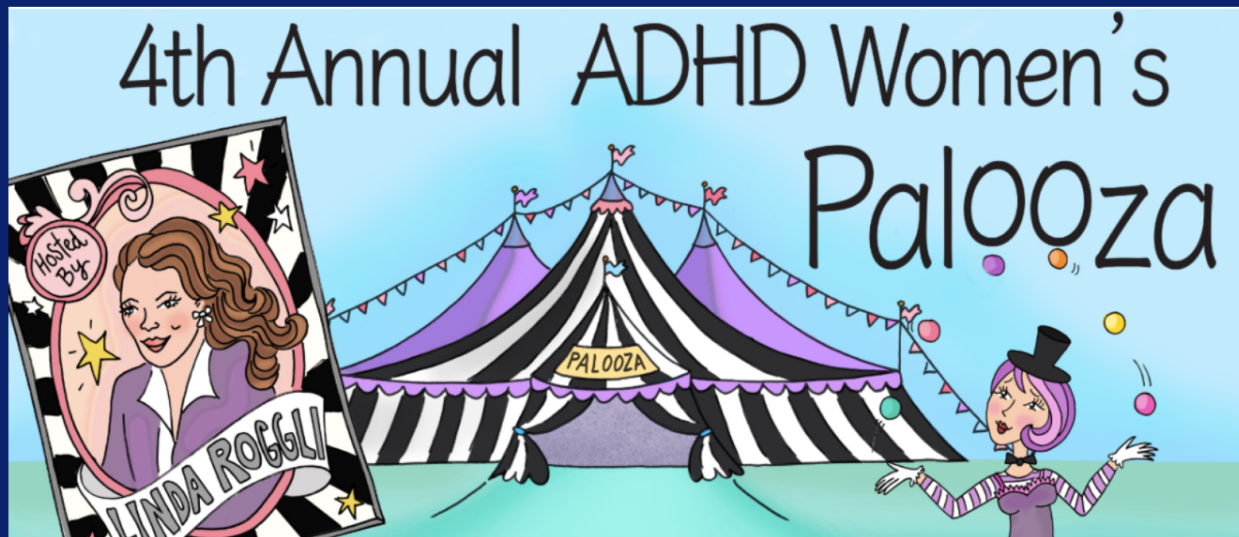
"Not only are you providing impactful information and strategies but the fact that it is a virtual conference you are able to reach so many more people. Full time working parents who are busy but can watch sessions at night, teachers who can't afford to take a day off but can watch sessions on a Saturday, or parents and teachers watching sessions on their own but then being able to discuss the ideas in a group setting (grade level meeting times, etc.). Truly the virtual aspect of the conference opens the door to

so many possibilities!!!" -Parent

"I really appreciated the reminder of what school is like for 2e students, and why it is so important that they have teachers who see their gifts, their strengths, and their potential. Even though we as educators are pulled in so many directions, we cannot afford to lose this population. We owe it to them to consider creative approaches to engage them in learning." -Educator

"Although the focus of the conference was 2e children, the content was applicable to other demographics, including in my case, as a professional working with and supervising some 2e adults. I gained a deeper understanding of 2e topics and learned practical tools for helping to empower 2e individuals to thrive. The conference made resoundingly clear that while 2e populations face challenges, they bring tremendous gifts to our world that we all have the ability to foster with proper knowledge and understanding." -Adult

[Register to attend 2 Days of 2e Virtual Conference](#)
[ON DEMAND through April 2019!](#)



February 25 - March 2, 2019

Julie is delighted to present at the [2019 ADHD Women's Palooza](#) on "Twice Exceptional Women: Gifted and ADHD."

If you google “women and 2e” all of the results are for extra wide sneakers! This sums it up – being a woman and 2e is just not an easy fit in this world. Women identified with ADHD and diagnosed gifted, experience strengths and struggles personally and professionally. What is your job satisfaction? What is your relationship satisfaction? How do you feed your soul? These questions are all interrelated. In this session, Julie Skolnick, M.A., J.D. will help you understand what it means to be 2e (twice exceptional), how that affects your satisfaction in the world, and what to do about it. [Register](#) for this awesome event featuring 30 experts!



Julie looks forward to presenting on February 12 to an audience of parents and educators in Ashkelon Israel. The Center for Gifted and Talented Students in Ashkelon is sponsoring this virtual event where Julie will discuss what it means to be twice exceptional and strategies to bring out the best and raise self-esteem.

If you would like Julie to speak to your school or group, in-person or virtually, contact Julie@WithUnderstandingComesCalm.com

2e News

Opportunity for "Gifted & Distractible" Readers!

Use code: RIRRMW9IW4_WUCC at www.2enews.com to get \$10 off a full subscription to 2e News! This is a fabulous resource for parents, educators and professionals. All you have to do to sign up is click subscribe, enter your information, enter the code, submit payment and you are all set!

UPCOMING EVENTS FOR FAMILIES, GIFTED AND TWICE EXCEPTIONAL CHILDREN

- Feb. 7 - 8; "Giftedness Knows No Bounds" The 45th annual Arizona Association for Gifted & Talented conference; officemanager@azgifted.com
- February 15-17; Learning and the Brain, Educating with Empathy Conference, San Francisco, CA, [Learn more and Register.](#)
- February 18-21; Annual LDA International Conference, Ft. Worth, TX. [Click here](#) for more information and to Register.
- Feb. 21; GTLD Network Meeting, 6:45 pm - networking 7pm - program and short business meeting, Walter Johnson High School, Media Center, Rockville, MD.
- Feb. 22-24; California Association for the Gifted Conference, Palm Springs, CA [More Info and to Register.](#)
- Feb. 25-March 2; 4th Annual ADHD Women's Palooza; 30 experts presenting on topics relevant to women with ADHD. [Register](#)
- Feb. 27; National Association for Independent School Conference, Long

Beach, CA [Register.](#)

- March 16-19; ASCD Empower 19 Conference, Explore new perspectives in Education, Chicago, IL, [Learn More and Register.](#)
 - March 17-19; NAGC Leadership Conference, Alexandria, VA, If you can't attend the full conference training, you can still join Yvonne Golczewski, Legislative Chair, for free on Tuesday for visits on the Hill. Small groups will go together for scheduled meetings with Representatives and Senators. Notes with talking points and the meet up location will be announced after 3/15. Contact Yvonne at ygolczewski@mcgate.org if interested. No experience is necessary!
 - March 22-24; Women, Whisky and Wisdom, "Intensity and Transition," Louisville, KY, Gifted Unlimited, [Register.](#)
 - July 18-21; SENG Annual Conference, Houston, TX, [More information and to Register.](#)
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ONGOING EVENTS:

- Gender Journey Parenting Support Group; Growing Minds Center for Child and Family Therapy, 90 minute meetings in the evenings from 7:30-9:00. Meetings at: 3204 Tower Oaks Blvd . Suite 180 . Rockville, MD 20852. Contact: intake@growingmindstherapy.com
301-235-9927 x 0 www.growingmindstherapy.com
- Through April 2019: 2 Days of 2e Virtual Conference; On Demand through April 2019! Content, Community, Collaboration. Learn from 2e Thought Leaders, build community and gain resources. [More Information](#) and [Register.](#)
- Dr. Adam Pletter's online iParent 101 course "Safety in the Digital Age." Learn more and [REGISTER.](#)
- First Sunday evening of each month; Procrastination Webinar & Student Group Discussion. Includes discussion how procrastination is an emotional response to task aversion - includes current research and strategies to help avoid procrastination. Student group discussions for high school and college age students. **Contact Michael Bromley at info@school4schools.com.**
- Mondays, Virtual Gifted Adult Support group, "The Intensity of Life,"

September 24 - December 10, with Kathleen Crombie, M.A., M.E.d., 2:00 -3:30 pm (EST) [Register](#)

- Tuesdays, 4:15 pm; Social Adventurers Preschool - Kindergarten. Location: Center For Communication and Learning Rockville, Maryland info@ccl-md.com to receive intake information. Complete our Social Interest form: <https://goo.gl/forms/CetPACntHTGonVnk1>
- Tuesdays, September 25-December 11, Virtual Advanced Parent Discussion Group with Cathleen Crombie, M.A., M.E.d, 4:00-5:30, First Tuesday of the month. [Register.](#)
- ***WANT TO SEE YOUR EVENT OR CLASS IN "GIFTED & DISTRACTIBLE?"***

EMAIL [JULIE](#) BY THE 15TH OF THE MONTH AND INCLUDE YOUR EVENT'S DATE, TITLE, LOCATION, COST AND LINK TO REGISTER.


EDUCATORS AND PROFESSIONALS OF


What is With Understanding Comes Calm, LLC?


Our mission is: To **empower** parents, educators, professionals and adults to **bring out the best** and **raise self esteem** in their children, students, clients and themselves.


- **Mentoring Families** Understanding, Durable Strategies, Implementation Plans and Advocacy
- **Supporting Individuals** Connection, Fulfillment, Validation, Solutions
- **Partnering with Educators and Clinicians** Collaboration, Training, Best Practices, Resolution.

Contact Founder and President, [Julie Skolnick](#) with any inquiries.

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