

August 20, 2019

## ASI 2019 Experiential Workshops

The Experiential Workshops are a new feature for ASI 2019 designed to satisfy a yearning to learn about such topics as Indigenous knowing and healing, creative writing, self care, and enhancing social and emotional skills in our daily lives. Unlike the Concurrent Sessions that focus on evidence (the head) or the Concurrent Skills Workshops (focus on action – the feet), these workshops are designed to engage the heart and soul of participants and inspire new insights and skills for personal and professional development. The workshop presenters are knowledgeable, wise and experienced in facilitating diverse groups.

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### 2. Care of the Self

*An application of Choice Theory - an interactive session on caring for your own needs as you foster supportive environments for child and youth mental health*

**Workshop Leader:** Alice Taylor - Early Childhood Development Association of PEI / Handle with Care Program

Choice Theory is an explanation of human behaviour developed by Dr. William Glasser. He explains that all we do in our lives is behave and we choose our behaviour in an attempt to meet one or more of the five basic needs that are built into our genetic structure.

Choice Theory is offered as a replacement to external control psychology which we know can be damaging to relationships.

In this highly engaging and interactive workshop you will explore through hands-on activities, discussion and reflection, all components of Choice Theory; its application to your own life, and, how to help others apply it to theirs.

In addition, you will see how using Choice Theory and its problem- solving method fits well with the message of the World Health Organization, 1984 health promotion, stating the need for “a process of enabling people to increase control over and improve their own health.”

Furthermore, this workshop will embody the messages of the Circle of Health, especially as it relates to the Determinants of Health such as social support networks, education; working conditions; personal health and coping skills; and, healthy child development.

#### Handouts:

- Power Point slides (handout format)
- Caring and Destructive Habits
- ABCDE; Problem- Solving Method \*\*
- Three ways to conduct a relationship

#### References:

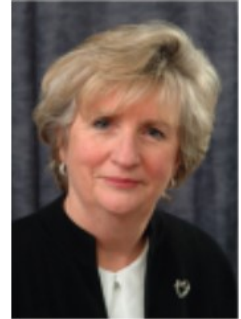
- Glasser, Dr. William: Choice Theory; Caring and Destructive Habits  
<https://wglasser.com/what-is-choice-theory/>

- SickKids Centre for Community Mental Health (formerly the Hincks-Dellcrest Centre-Gail Appel Institute): Handle with Care; Promoting Mental Health in Young Children; Building Block 4, Activity #1, page 239 (adapted from <https://www.morningsidecenter.org/teachable-moment/lessons/two-problem-solving-approaches>)\*\*
- Demartini, Dr. John: The Heart of Love; Published: December 1st, 2006 (Hay House) ISBN: 140191232X (ISBN: 981401912321)

### **Biography:**

Alice is a “retired” early childhood and adult educator, with a lifelong fascination for why people do what they do, who believes that social and emotional well- being influences all parts of our lives, without exception.

She studied the connection between, mind, body and spirit and its influence on human growth and development at the Demartini Institute in Texas. This, coupled with her training in Choice Theory and Reality Therapy, (Glasser Institute) has led her to continue her lifelong commitment to children and families. She knows that honoring people for who they are, as they are; connecting at a deep and meaningful level and working together, does build healthy families and communities where all can flourish.



Alice is a founding partner of the Canadian program, Handle with Care; a program designed to build the mental health of children and families, every day. She is a facilitator of HWC, as well as a Master Trainer.

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