

parent perks

Parent Education Series
2020 | 2021



Join the Lamplighter community for Parent Perks, an education series designed to broaden your knowledge of the work being done by educators, psychologists, and writers. Local professionals will talk about the important trends in the education world and help parents with topics that reflect the mission of our school.

This year's experts will provide us with guidance, the latest research, and practical solutions to our toughest questions. It is our hope that these discussions will assist us in our most important role: igniting young minds.

Jill Schroeter, M.Ed., LPC-S, RPT-S
Office of Student Life

SCHEDULE

AT-A-GLANCE

Wednesday, September 16 **11:30 a.m.** **Dr. Kristen M. Ohlenforst**
Helping Children Cope with Change

Wednesday, October 14 **8:30 a.m.** **Dr. Grant Holland**
*The Avoidance Trap:
Anxiety & Avoidance, Examining the Cycle*

Thursday, November 12 **11:30 a.m.** **Dr. Teresa L. Jackson**
*Raise Your Emotional Intelligence: Expressing and Understanding My Emotions
as a Parent as a Path to Expressing and Understanding My Child's Emotions*

Thursday, February 4 **8:30 a.m.** **Dr. Ryan Smith**
Digital Kids: Parenting in the Age of Smartphones

Wednesday, March 10 **8:30 a.m.** **Dr. Joanna Gentsch**
*Beyond the Birds and the Bees:
Communicating About Sexuality From Childhood to Adolescence*

Thursday, April 8 **11:30 a.m.** **Dr. Salena Brody**
Conversations that Create Change: Talking to Kids about Injustice

**Offerings may be in-person or via Zoom.
Look for an update on each event in the weekly eNews.*


Reservations are greatly appreciated
Please respond to tls@thelamplighterschool.org
or call the front desk at 214.369.9201

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Brought to you by members of The Lamplighter School
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Lamplighter Fund

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THE Lamplighter SCHOOL
11611 Inwood Road | Dallas, Texas 75229

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PARENT EDUCATION SERIES
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WEDNESDAY, SEPTEMBER 16
11:30 a.m. – 12:30 p.m.



DR. KRISTEN M. **OHLENFORST**

Helping Children Cope with Change

Consistency and predictability are critical to a child’s ability to feel safe and secure and to thrive. Yet our past months have been filled with continuous change and unceasing uncertainty - both for children and parents. How can we best support our children during these unpredictable times? Join Dr. Kristen Ohlenforst, licensed psychologist, for a discussion on reliable strategies for coping with change and managing strong emotions. She will discuss common responses to prolonged stress, parenting tips for fostering “internal” consistency, and strategies for promoting flexibility and healthy coping skills.

Dr. Kristen M. Ohlenforst is a licensed psychologist and the founder of Therapy Dallas, a group practice specializing in evidence-based intervention for children, adolescents, and adults. Having trained at UT Southwestern Medical Center and Stanford School of Medicine, she specializes in Cognitive Behavioral Therapy (CBT) for anxiety disorders and in parent consultation for a variety of emotional and behavioral concerns. In effort to support the community during the COVID-19 pandemic, she and her associates are pleased to offer teletherapy services and are available for consultation (with expanded evening and weekend availability).

WEDNESDAY, OCTOBER 14
8:30 a.m. – 9:30 a.m.



DR. GRANT **HOLLAND**

***The Avoidance Trap:
Anxiety & Avoidance, Examining the Cycle***

Anxiety is a normal and often adaptive part of childhood and life in general. However, some children may begin to develop inflexible and unhelpful responses to anxiety that we wish to avoid. Join Dr. Grant Holland as he explores anxiety and avoidance behaviors. He will provide strategies for breaking patterns of problematic responses with the goal of helping your child develop healthy, productive behaviors when faced with anxiety.

Dr. Grant Holland specializes in treatment of children, adolescents, and adults struggling with anxiety and obsessive-compulsive disorders. His work is heavily focused on confronting feared situations, improving coping skills, reducing avoidance behaviors, and moving towards maintenance and recovery. Dr. Holland earned his doctoral degree in clinical psychology from Southern Methodist University after receiving a bachelor’s in psychology from the The University of Texas at Austin. He completed clinical training at a variety of sites, including SMU’s Anxiety Research & Treatment Program, Children’s Medical Center, and UC Davis’ Children’s Hospital. Additionally, Dr. Holland has conducted research and taught undergraduate courses at SMU and graduate-level courses in Cognitive Behavioral Therapy (CBT) in UT Southwestern’s Clinical Rehabilitation Counseling Program.

THURSDAY, NOVEMBER 12
11:30 a.m. – 12:30 p.m.



DR. TERESA L. **JACKSON**

***Raise Your Emotional Intelligence:
Expressing and Understanding My Emotions
as a Parent as a Path to Expressing and
Understanding My Child’s Emotions***

Parents are children’s first and most consistent model for learning how to appropriately identify, express, and “hold” their emotions. Dr. Jackson will discuss the concept of emotional intelligence. Her talk will explore how to build emotional intelligence in ourselves and how to foster this skillset in our children. The primary goal of this talk is to empower parents with steps they can take to improve emotional intelligence in the family.

Dr. Teresa L. Jackson is a licensed psychologist in the State of Texas and a Board-Certified Art Therapist with twenty plus years of experience in mental health treatment. She founded Montgomery Behavioral Health Institute, LLC in 2011. She has partnered with adults, children, and families on their journey to healing and improving their overall well-being. She is passionate about meeting the needs of the whole person and creating a safe and nurturing environment where trust can be fostered. As part of her private practice work, she offers psychotherapy and art therapy services.

THURSDAY, FEBRUARY 4
8:30 a.m. – 9:30 a.m.



DR. RYAN **SMITH**

***Digital Kids:
Parenting in the Age of Smartphones***

The role that technology plays in our day-to-day lives has increased in unimaginable ways. Much of technology is good and provides us with revolutionary change that allows us to do things we never thought possible. However, technology also brings some risks that must be considered if we want to live a technologically healthy lifestyle. Dr. Ryan Smith will shed light on those risks and offer practical ways to manage technology in your own family. He will explore topics ranging from the impact of technology on developing brains in early childhood to how and why our phones can so easily disconnect us from our families and the relationships that matter most. Most importantly, he will offer practical tools to allow us to feel better equipped to navigate the sometimes frightening waters of parenting in the digital age.

Dr. Ryan Smith holds a PhD in Counseling with an emphasis in Marriage and Family Therapy. He is a Licensed Marriage and Family Therapist and Licensed Professional Counselor. He currently serves in the position of Chapter Liaison of the board of the Texas Association of Marriage and Family Counselors. Ryan has been married to his amazing wife for 14 years. They have two sons and live on a little farm with goats, dogs, horses, chickens, and ironically, no Internet service.

WEDNESDAY, MARCH 10
8:30 a.m. – 9:30 a.m.



DR. JOANNA **GENTSCH**

***Beyond the Birds and the Bees: Communicating
About Sexuality From Childhood to Adolescence***

Whether you are a parent, teacher, or other professional working with children or teens, talking about sex and sexuality can be difficult. Research indicates that having these conversations early and often contributes to various positive outcomes. This talk will help get the conversation started by blending evidence-based findings with practical advice as well as the sharing of developmentally appropriate resources.

Dr. Joanna Gentsch is the director of student programming and community engagement in the School of Behavioral and Brain Sciences at The University of Texas at Dallas. She is a developmental psychologist and received both her PhD and Master’s Degree from The University of Texas at Dallas. She recently received a Quantum Leap grant to expand experiential learning opportunities through community-based learning and the creation of innovative student programming focused on social and academic belonging. Dr. Gentsch enjoys teaching undergraduates in the School of Behavioral and Brain Sciences and through the Hobson Wildenthal Honors College. Her personal curriculum includes courses on human sexuality and positive psychology.

THURSDAY, APRIL 8
11:30 a.m. – 12:30 p.m.



DR. SALENA **BRODY**

***Conversations that Create Change:
Talking to Kids about Injustice***

Research indicates that children are aware of racial categories from a very young age and that explicit conversations about racism can improve racial attitudes. Further, teaching children about the history of marginalized groups is among the most effective methods to reduce bias. This talk will explore how and where children receive information about racial injustice, focusing on four main areas: children’s racial awareness as they develop, parent/child conversations about race within the home, race-focused curricula at school, and real-world interventions aimed at reducing bias.

Dr. Salena Brody is a Professor in the School of Behavioral and Brain Sciences at The University of Texas at Dallas. She teaches a variety of courses including the Psychology of Prejudice, Workplace Psychology, Social Psychology, Introduction to Psychology, and Intergroup Emotion and Social Change. Her scholarly interests include intergroup contact, cross-group friendships, and prejudice reduction. Dr. Brody also serves as an Assistant Director for the Center for Teaching and Learning at UT Dallas and produces workshops to facilitate effective teaching and learning across disciplines. She is the recipient of the Society for the Psychological Study of Social Issues’ Innovative Teaching Award, a UTD Women Leading in Diversity honoree, and a winner of the Collin College Outstanding Professor of the Year award.