

## 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" is sponsored by:



## 2 Days of 2e Virtual Conference

Join Us Live Online!

October 29-30, 2019

On Demand through April 2020

**Bringing Out the Best and Raising Self-esteem in Gifted and 2e Individuals**

2 Days of 2e Virtual Conference is for parents and teachers who want strategies to bring out the best and raise self confidence in their GIFTED children with LEARNING DIFFERENCES. [Register](#) and watch all 12 sessions any time through April 2020.

To sponsor an issue of "Gifted & Distractible," [fill out this form](#).

In this month's issue of "Gifted & Distractible" Julie's blog "2e and PTSD" takes the National Institute of Mental Health (NIMH) criteria for Post Traumatic Stress Disorder (PTSD) and overlays it on the 2e experience. Twice Exceptional people exhibit similar effects from ongoing micro and macro stresses in their lives in the form of constant redirection, consequences and an overall feeling of disappointing adults and peers. 2e kids often experience consequences and discipline without anyone ever understanding the layers of negative experiences that precipitated the behaviors.

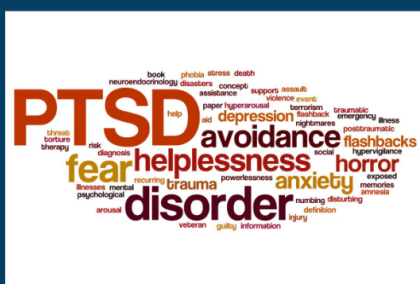
Articles this month talk about the importance of gifted education in light of the controversy discussed in the New York press, How one school's revamp of its discipline system changed the school and the students' experience for the better, and How to support writing challenges.

2 Days of 2e Virtual Conference - You're not too late! The conference received rave reviews and remains on demand through April 2020. [REGISTER TODAY](#).

With Understanding Comes Calm Out in the Community let's you know where Julie is speaking next.

Events Listing highlights events for the 2e Community.

## JULIE'S BLOG



In "2e and PTSD," Julie looks at National Institute of Mental Health (NIMH) criteria for Post Traumatic Stress Disorder and overlays them onto the twice exceptional experience. Scanning the landscape of expert presentations from the 2 Days of 2e virtual conference, Julie notes that "the 2e or twice exceptional (gifted with a learning difference) population is under inordinate, constant stress." [Read the blog](#).

## ARTICLES



NATIONAL ASSOCIATION FOR  
Gifted Children

Julie's recent Facebook post about the Gifted and Talented education debate covered in the New York press was so well received and shared, that she wrote an article that was featured on the National Association for Gifted Children (NAGC) website. [Gifted Does Not Mean Misfit](#). Read how gifted is

often misconstrued and why it's important to keep Gifted education in our schools. Julie shares three important action items for gifted education to meet gifted kids' needs: assessment, teacher training and talent based curriculum.



A New Approach to Discipline Slashed Suspension Rates and Transformed this DC School. [Read it.](#)

## ADDITUDE Inside the ADHD mind

Check out these writing tips in "How to Remove Hurdles to Writing for Students with ADHD."

## 2 DAYS OF 2e VIRTUAL CONFERENCE

It's not too late! [REGISTER](#) now!

### RAVE REVIEWS FOR 2 DAYS OF 2E!

*"It is so well presented. Thank you for all the work you do to make this a great learning time. I love that we can go back and review the sessions at a later date."*

*"It was a blizzard in Colorado and I stayed in my living room and watched the sessions. If it would have been in person, it would have been cancelled."*

*It's 1:26 in the morning here in Singapore, but the conversation between [Joanna] and Julie is fantastic. Thank you both so much. I have to go to sleep but I look forward to watching the whole thing again.*

*"I really enjoyed the on demand video option! It was great being able to pause and return to videos throughout the workday."*

*"OMG This is what I have been trying to explain to my son's school for ages!!! Thank you for this validation."*

*"Thank you for all of the useful tips. I found myself nodding as I thought of some of my students, my nephew, and my son, and how these tips are easy to implement right now."*

*"Your presentation truly reminds me that we all want to be where we are celebrated, not where we are tolerated."*

*"It is so well presented. Thank you for all the work you do to make this a great learning time. I love that we can go back and review the sessions at a later date."*

[REGISTER TODAY!](#)



## 2 Days of 2e Virtual Conference

<http://2daysof2e.com>

Opening Keynote: Understanding & Addressing Emotion Regulation in 2e Children  
Julie Strauss, Ph.D., LD

Gifted Physiology: How OEs & Gifted Differences Are Better Understood By Taking a Whole Body Approach  
Joanna Haase, Ph.D., RFT

Finding Balance: Teaching 2e Students To Be Self-Regulated  
Dr. Richard K. Cash, Ed.D.

Understanding and Managing Asynchronous Development  
Paul Bejan, Ph.D., ABPA, ASB

Supporting the Success of Culturally Diverse 2e Students  
Renee D. Hayes, PhD, NCC

Using Visual Metaphor to Teach 2e Learners  
Don Ambrose, PhD

Creating a Secure World for 2e Kids  
Deborah Reber, M.A.

Non-Linear Thinkers in a Linear World  
Josh Shirane

Gifted at Work: Different Profiles, Different Challenges  
Fertile Hovviga, M.A.

Uncovering the Social Mind of Tweens & Teens  
Nena Johnson, M.A., CCC-SLP

Looking at 2e Through a Developmental Trauma Lens  
Greg Burnham, M.S., LMFT

Closing Keynote: Beyond Classification  
LeDerrick R. Horne

Available on-demand through April 2020.

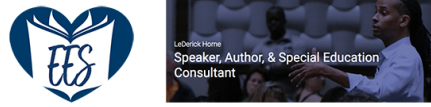
ON-DEMAND through April 2020. Watch any time, as many times as you like.

[REGISTER](#)

Looking for a 2e Resource?  
Register for 2 Days of 2e and GAIN ACCESS TO OUR VIRTUAL EXHIBITOR HALL filled with 2e Resources like these...

## 2e News





## PARENTING AUTISM SUMMIT

MONDAY, NOVEMBER 4, 2019  
BEHAVIOR, EMOTIONS & SELF-REGULATION

  
 Carol Stock Krauss, MA

  
 Dr. Susan Hopkins

  
 Kelly Mahler, MS, OTD/OT

  
 Julie F. Skolnick, MA, JD

  
 Kristine MacIntyre & Julie MacIntyre

  
 Ruth Argy, PhD & Barry Grossman, PhD

  
 Julie M. Simon, LSW

[Learn More and Register Here:](#) Early Bird Rate \$87 gets you access to all 28 Summit Sessions

Join Julie at the Virtual Parenting Autism Summit starting Nov. 4.

28 speakers share insights on the autistic brain and experience, the impact of sensory struggles, behavior, emotions, and regulation, social challenges, life as a teen or adult with autism, empowering your child for success.

When the Two Exceptionalities are  
Giftedness and Autism

Julie F. Skolnick MA, JD  
Founder of *With Understanding Comes Calm*



[MORE INFORMATION](#)

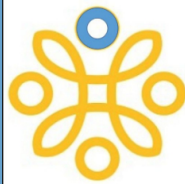
WITH UNDERSTANDING COMES CALM  
OUT IN THE COMMUNITY



**YACHAD**  
BECAUSE EVERYONE BELONGS

Julie is thrilled to be invited by Yachad to bring Gifted and Twice Exceptionality for the FIRST TIME to their Special Education Conference on Feb. 5 in Baltimore, MD! Training educators to understand and address the needs of Gifted and 2e Learners speaks to the With Understanding Comes Calm mission to empower educators and raise self confidence in 2e students.

[Learn more here.](#)



**SPINS**  
Special kids International Summit

Julie brings her perspective on gifted and 2e to the virtual global SPINS conference on March 5. More information coming.

### 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.

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

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

# 2e News

### Opportunity for "Gifted & Distractable" Readers!

Use code: R1RRMW9IW4\_WUCC at [www.2enews.com](http://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

- Nov. 7-10; NAGC Annual Conference, Albuquerque, NM. [REGISTER](#)
- Nov. 7; Screening, 6:30 pm - 8:30 pm, Community Education Night: It's Just Anxiety - Documentary Screening & Panel Discussion, Fusion Academy, Fusion Rockville Campus, 275 N. Washington Street, Suite 200, Rockville, MD 20850. [Register](#)
- Nov. 8; TECA 2019 BUILDING 2E AWARENESS & COMMUNITY CONFERENCE, 8:00 am - 5:30 pm Molloy College, Rockville Centre, NY. [Register](#)
- Nov. 13; Anti bullying workshop, 7:00-8:30 pm, Chesapeake Center for ADHD, Bethesda, MD. [Register](#)
- Nov. 14-15; Pennsylvania Assn. for Gifted Education Conference, Harrisburg, PA. [Register](#)
- Nov. 14; Virtual Open House, Davidson Academy, 5:00 pm. PT. [Register](#)
- Nov. 15; Maine Educators for the Gifted and Talented Conference, Lewiston, ME. [Register](#)
- Nov. 16; Open House and Tour, Davidson Academy Reno Campus, 2:00 - 4:00 pm, PT Reno, NV. [RSVP](#)
- Nov. 22-24; Learning and the Brain Conference, Boston, MA. [Register](#)
- Dec. 4-6; GiftEd19, San Antonio, TX. [Register](#)
- Dec. 7; Open House and Tour, Davidson Academy Reno Campus, 2:00 - 4:00 pm, Reno, NV. [RSVP](#)
- Dec. 8-10; Indiana Assn. for the Gifted Conference, Indianapolis, IN. [Register](#)
- Dec. 10; Virtual Open House, Davidson Academy, 4:00 pm. PT. [Register](#)
- South Carolina Consortium for Gifted Education, IGniTING Possibilities Conference, Columbia, S.C., [Register](#)
- Feb. 5; Yachad Special Education Conference for Educators, Baltimore, MD. [Learn More](#)
- March 5; SPINS - Special Kids International Summit virtual conference.

### ONGOING EVENTS:

- 2 Days of 2e Virtual Conference, Launch October 29-30. On-Demand through April 2020. [Register](#)
- Mom's Support Group for Raising Kids with ADHD, starting September 18, 2019, 8 Wednesdays 7:00 pm - 8:30 pm, Chesapeake Center, 6430 Rockledge Dr., \$125. [Register](#)

- Dr. Adam Pletter's online iParent 101 course "Safety in the Digital Age." Learn more and [REGISTER](#)

- First Sunday of each month, Fitness for Health Open House, 5:00-6:00 pm, [REGISTER](#)
- Bright, sensitive, intense? Summit Center offers guided discussion groups to support parents of gifted and twice exceptional children, as well as gifted adults. The [Virtual Advanced Group for Parents of Gifted and 2e Children](#) and [Gifted Adult: The Intensity of Life](#) are offered virtually through the Zoom video meeting platform, both beginning October 28 and meeting monthly (facilitated by Kathleen Crombie, M.Ed.).
- In Northern California, the [Discussion Group for Parents of Gifted and 2e Children](#) will be held in Walnut Creek on Friday mornings, beginning October 4 (facilitated by Dr. Ellena Chen & Melanie Hayes, Ed.D.). In Southern California, the [Parent Discussion & Support Group](#) meets in Torrance on Wednesday mornings, starting October 16 (facilitated by Dr. Lisa Hancock). Register now to reserve your spot!

**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.

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