

SCREENAGERS FILM NIGHT: GUEST SPEAKER BIO

Parents, Guardians and the general public are invited to the 1 hour screening of the award winning film **SCREENAGERS: GROWING UP IN THE DIGITAL AGE**. Its goal is to give solutions to parents and guardians to help their kids navigate the world and still maintain a healthy life balance.

After the film, our guest speaker will talk for approximately 15 minutes on the topic of "The Impact of Technology on Mental Health". Afterwards, there will be a question and answer session where she will answer questions from her talk as well as those directed at the film.

Our Guest Speaker will be Sian Phillips:

Sian Phillips is a psychologist in private practice in Kingston. She received her Ph.D. from University of Toronto in 1996 and has been working with children and families in Kingston since that time. She specializes in the assessment of trauma and attachment difficulties and works with children, foster parents and adoptive parents using Daniel Hughes model of Dyadic Developmental Psychotherapy ®©. This exciting way of working helps the parent understand what lies behind difficult behaviour and to provide a safe, empathic relationship in which the child can begin to explore traumatic, hurtful and shameful experiences and importantly learn to experience themselves differently.

*Sian is a certified DDP therapist, consultant and trainer. She is also an adjunct professor at Queens, supervising students in their clinical placements. Currently she is trying to help the education system better understand children who have experienced chronic stress and has developed a specialized school program to work with children who cannot manage the regular school system due to their trauma and attachment difficulties. She is also consulting with local school boards to develop trauma informed schools and completing research examining the efficacy of a DDP approach in schools. She has two chapters in Art Becker Weidman's book *The Dyadic Developmental Psychotherapy Case Book* (2011).*