Why does everything have to matter SO MUCH?

Emotional Intensity, Cognitive Rigidity, and High Anxiety

It often feels that gifted kids are quick to make up their minds and then hold on to those decisions or evaluations for dear life. When these thoughts are challenged, gifted kids can respond with disruptive, even explosive, behavior. This intersection of big feelings and big behaviors can be extremely difficult for everyone.

This presentation will explore the psychology behind this anxious process and offer specific strategies to cope with the feelings and manage the behaviors.

Registration fee: $10 per participant

Register online at https://tinyurl.com/WCCSE2020family

Please specify the number of adults and children as you register. Payments for families from WCCSE member schools will be refunded in cash upon attendance at the event.

Dr. Zakreski is a licensed clinical psychologist and an Adjunct Professor at local colleges, presenting at numerous national and state conferences. He currently is in private practice in Conshohocken, PA. Dr. Zakreski is also working on a book outlining his treatment philosophy of Client-Created Content (CCC), which includes using Improv games to teach social skills.