



Strengthening Families Summit 2021

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Dr. Taniesha Burke

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## Press Release

### **ONLINE SUMMIT - STRENGTHENING FAMILIES: NURTURING CHILDREN'S WELL-BEING**

Over the past year and a half, the COVID-19 pandemic caused unprecedented changes in the lives of 1.6 billion children and adolescents. They suddenly faced unexpected changes, such as complying with restrictive social distancing rules, school closures, home confinement, and loss of in-person contact with friends and extended family members. Our children and teens also had to manage the emotional burden of the fear or experience of COVID-related deaths in their families and communities. Those in lower socio-economic environments experience the added burdens of small physical confinements and financial insecurities.

The full extent of the effects of the pandemic is slowly becoming known. Recent studies in Germany and elsewhere have found that the pandemic has caused lower health-related quality of life, increased anxiety, stress, depression, and more mental health problems. Therefore, it means that parents, educators, and other professionals working with children and teens between ages 5 and 16 will need to provide extra support to protect their mental and socio-emotional well-being.

We created the Strengthening Families: Nurturing Children's Well-Being Virtual Summit to provide the resources adults need to support children and teens. Over 20 of the world's leading experts in parenting, mental health, developmental psychology, and child development will share their expertise with attendees.

The virtual summit will occur solely online from July 5-9, 2021. Each day participants will have access to pre-recorded interviews that will be freely available for 24 hours. A lifetime access pass will be available at a cost for attendees who want more extended access.

The interviews will have English audio with English and German subtitles. The summit will also include English and German transcripts.

## **Below are the daily themes:**

- Day 1 – July 5th – Strengthening relationships through connections (Focus: effective parenting strategies, parenting neuro-diverse children)
- Day 2 – July 6th – Mental Health Matters (Focus: mindfulness, anxiety, stress, non-suicidal self-injury, sexual abuse protection)
- Day 3 – July 7th – Nurturing Life Skills and Resilience (Focus: academic skills, life skills, racism, micro-aggression)
- Day 4 – July 8th – Managing Tech Use (focus – addiction prevention, online safety)
- Day 5 – July 9th – Understanding Tweens and Teens (Focus: drug and alcohol addiction prevention, communication skills)
- Bonus Day – July 10th – Becoming a Grounded Parent (Focus: parental self-care)

## **About The Host Dr. Taniesha Burke**

Dr. Taniesha Burke helps parents build healthy, resilient, connected families, and find joy in their parenting journey. She is a Parent Coach and Educator, Developmental Psychologist, and Researcher. Dr. Burke has over ten years of experience working with youths and families around the Caribbean, USA, Canada, and Germany. She holds a Ph.D. in Family Relations and Human Development from the University of Guelph, Canada, and undergraduate and graduate degrees in Psychology from the University of the West Indies, Jamaica. Dr. Burke has also completed training on the effects of trauma on child and adolescent development, the Adlerian Parenting Perspective, Second Step Program, and the Strengthening Families Program. A native of Kingston, Jamaica, she lives in Berlin, Germany, with her husband and two sons.

# Meet the Speakers



**Ola Adesonaye**

Academic Coach for  
Tweens and Teens,  
Founder of Study Skills  
Lab



**Aniesa Blore**

Occupational Therapist,  
Author of The  
Conundrum Child



**Mona Delahooke, PhD**

Child Psychologist and  
Author of Beyond  
Behaviors: Using Brain  
Science and Compassion  
to Understand and Solve  
Children's Behavioral  
Challenges



**Phyllis Fagell**

Licensed Clinical  
Professional Counselor,  
Certified Professional  
School Counselor,  
Journalist, Author of  
Middle School Matters.



**David Green, PhD, RP**

Psychotherapist and  
Postdoctoral Research  
Fellow at OISE the  
University of Toronto.  
Specializes in Fathering  
research



**Ross Greene, PhD**

Clinical Psychologist,  
Founder of Lives In  
Balance and Author of  
the books The Explosive  
Child and Raising  
Human Beings



**Maximilian von Heyden,  
M.Sc.**

Researcher at the  
Institute of Sexology  
and Sexual Medicine at  
Charité, Executive  
Director and Co-  
Founder of FINDER



**Michael Hollander, PhD**

Director of Training and  
Senior Consultant at  
McLean Hospital in  
Belmont,  
Massachusetts, USA



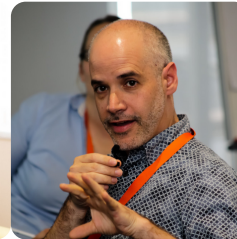
**Michael Jacobus**

Executive Director of  
Reset Summer Camp



**Debi John**

Therapist, Executive  
Director of Play Healing



**Jamie Lachman, DPHIL**

Senior Research Officer at  
the University of Oxford,  
Founder of Clowns Without  
Borders South Africa and a  
Co-Founder of the  
Parenting for Lifelong  
Health initiative



**Jessica Lahey**

Parenting Journalist,  
Author of Addiction  
Inoculation: : Raising  
Healthy Kids in a  
Culture of Dependence



**Eli Lebowitz, PhD**

Director of the Yale  
Child Study Center's  
Anxiety and Mood  
Disorders Program and  
Originator of the  
Scientifically Proven  
SPACE Program for  
Parents of Anxious Kids



**Rashelle Litchmore, PhD**

Assistant Professor in  
Human Development at  
Connecticut College,  
USA and Anti-Racism  
and Anti-Oppression  
Trainer



**Marguerite Orane, MBA**

Leadership Coach,  
Facilitator, and Author  
of Free and Laughing:  
Spiritual Insights in  
Everyday Moments



**Hanniffa Patterson, M.Sc.**

Online and Social  
Media Strategist and  
Consultant



**Jennifer Salerno, DNP,  
CNP, FAANP**

Pediatric Nurse  
Practitioner,  
Translational  
Researcher, Author of  
Teen Speak: A Guide  
How to Talk to Teens  
About Sex, Drugs, and  
other Risky Behaviors



**Stuart Shanker, DPHIL**

Founder and CEO of  
the MEHRIT Centre,  
Author of Self-Reg:  
How to Help Your Child  
(And You) Break the  
Stress Cycle and  
Successfully Engage  
With Life.



**Howard Stevenson, PhD**

Clinical Psychologist,  
Professor at University  
of Pennsylvania,  
Director, Racial  
Empowerment  
Collaborative



**Clifford Sussman, M.D.**

Child & Adolescent  
Psychiatrist and Pioneer  
in Treating Internet and  
Video Game Addiction  
and Screen Use  
Related Issues in  
Children, Adolescents,  
and Young Adults.



**Elaine Taylor-Klaus,  
PCC, CPCC**

Co-Founder of Impact  
Parents, Parent Coach  
and Author of The  
Essential Guide to  
Raising Complex Kids  
with ADHD, Anxiety and  
More



**Julia von Weiler**

Psychologist and  
Director of Innocence  
in Danger e.V.



**Janis Whitlock, PhD**

Director of Cornell  
Research Program on  
Self-Injury and  
Recovery, Author of  
Self-Injury: A  
Compassionate Guide  
for Parents and Other  
Loved Ones



**Christopher Willard,  
PhD**

Clinical Psychologist,  
Professor at Harvard  
Medical School, Author  
of Growing Up Mindful  
and More