

Machen Champion

LPCC-S, RPT-S™, Certified Synergetic Play Therapist
Level 1 Theraplay® Trained

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About

Machen Champion is a licensed therapist, supervisor, trainer, and consultant. Teaching about the brain, the powers of play and relationship, and the impact of trauma on development is a passion of Machen's. As a self-proclaimed "neuro-nerd", she strives to make these important and complex concepts not only understandable, but relatable and applicable to helpers, educators, and caregivers. She's been honored to speak at several state and regional conferences and multiple school districts around Cincinnati.

Prior to becoming a counselor, Machen worked as a first grade teacher. When she started her graduate studies, she set two intentions for herself: work with children and families to help them find healthier ways of being *and* to equip educators more knowledge and tools to navigate behaviors and care for themselves.

"Machen does a wonderful job of making this information applicable to us as teachers. She helps to give strategies and ideas that can be used within the classroom, rather than speaking abstractly."

- Elementary teacher

Work with Machen

- **\$200/hour for professional training includes...**
 - Preparation of presentation and materials
 - Actual presentation time
 - Travel time for distances under 40 miles from Cincinnati
 - Resources for staff: including powerpoint, hand outs, and ways to keep learning

*There may be an additional materials fee for groups over 15 depending on the topic.

Wired to Bloom
THERAPY & CONSULTING, LLC

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Popular Workshops for Educators

Understanding the Effects of Stress on Learning and Behavior

1.5 to 3 hour training or an all day PD for a deeper dive

Stress, worry, and trauma can have long-term effects on both the body and mind. This fundamental training is perfect for new educators or as a refresher for experienced staff. Learn how stress affects learning and behavior to better understand and support yourself and your students.

Focused Attention Practices

• 1 - 2 hour presentation

Stress is a universal experience, affecting both children and adults. By interpreting staff and student behavior through a brain-based lens, you can identify ways to help regulate emotions and ensure that the whole class is able to focus on learning. Discover the tools to support regulation and create a stress-free environment.

Managing Ourselves First

• 1.5 - 2 hour presentation or an all day PD for a deeper dive

Teachers get stressed too and it's difficult for a dysregulated adult to regulate a dysregulated child. Explore some practical tools for self-regulation that you can use throughout the day that will help reduce stress and promote regulation for both adults and students alike.

Completing the Stress Cycle

• 1 - 2 hour presentation

In this workshop, attendees will examine the distinction between stress and stressors, how humans process emotions, and delve into specific techniques for completing the biological stress cycle. By doing so, stress and other intense emotions can be released from our bodies. It takes more than just positive thinking and bubble baths to navigate stress.

Supporting an Escalated Student

• 2 hours minimum or an all day PD for a deeper dive

Sometimes feelings and behaviors get big and confusing. Maybe you've tried your tools but they don't seem to work when you need them and you're exhausted. In this training, we'll take a closer look at the stress response system through a timeline approach so that you can learn how to read the cues of your students and align your strategies for support.

"I always enjoying hearing from Machen and listening to her share her knowledge and passion. She is humble, understanding, relatable and truly a joy. Machen treats us like we are professionals. She truly feels like a teammate who is ready to come alongside us to help our kiddos grow emotionally and academically."

- Elementary Teacher

Creating a Calming Space That Works for You

• 1 - 2 hour presentation

Calming corners, or whatever fun name you choose to give them, can be a valuable resource in the classroom. However, they are often underutilized or abandoned after the first month of school. Discover how to design a space that is not only practical but also effective in your classroom.

Regulating Through the Senses

• 1 - 2 hour presentation or a longer training for deeper dive

Highly requested workshop

Humans are sensory beings. We experience and understand the world through billions (yes, billions) of bits of sensory data every moment and we're only consciously aware of around 1 - 5% of that data! Each of us have our own preferences about sensory input and when those preferences are "off" in some way, it can be very dysregulating for our entire system. On the flip side, we use our senses to care for ourselves when our systems are out of balance.

In this workshop, participants will begin to understand how to consciously harness their 8 sensory systems to soothe their brains and bodies. Even micro-moments of purposeful sensory input can have long lasting regulating effects and lead to better regulation.

"Machen is one of the most dynamic and engaging speakers we've had. She's energetic and makes the content relatable."

- School principal

Other topics

- Growth Mindset
- Interoception: The Missing Piece in SEL
- Enhance Your Check In/Check Out
- Creating a Behavior Support Plan with the Brain in Mind
- Restorative Practices
- What is Co-Regulation Anyways?

Other ways to work with Machen...

- Small group or individual consultation
- Coaching for staff

Let's Chat

Not seeing what you need? Email mchampionewiredtobloomtherapy.com to discuss a custom training for your team.