

DEEP WORK:

Gifted Adults, Empowerment, & Resiliency

Powered by *THE G WORD*
Wednesday, October 27th, 2021

Panelists and Links

River Aaland, Ophelia's Place

- <https://www.opheliaplace.net/staff/river-training-amp-outreach-director>
- <https://treestoneriverbone.com/author/riveraaland/>
- <https://www.linkedin.com/in/riveraaland>
- <https://www.coachingwithriver.com/>

Erin Keeley, Gifted Women's Summit

- <http://www.erinkeeley.com>
- <https://giftedwomensummit.com>
- <https://www.linkedin.com/in/erincolleenkeeley>

Paula Prober

- <https://rainforestmind.wordpress.com>
- <https://thriveglobal.com/authors/paula-prober/>
- <https://www.psychologytoday.com/us/therapists/paula-prober-eugene-or/41816>

Jennifer Sallin, InterGifted

- <https://intergifted.com>
- <https://rediscovering-yourself.com>
- <https://ch.linkedin.com/in/jennifer-harvey-sallin-1834015>

Paul Sedillo, New Mexico Highlands University

- <https://www.nmhu.edu/school-of-education-faculty-and-staff/>
- <https://www.linkedin.com/in/dr-pj-sedillo-7894a157>
- <https://www.nagc.org/bio/paul-j-pj-sedillo>

Julie Skolnick, With Understanding Comes Calm, LLC

- <https://www.withunderstandingcomescalm.com>
- <https://www.withunderstandingcomescalm.com/2e-conferences/>
- <https://www.linkedin.com/in/julie-rosenbaum-skolnick-5b582351>
- To register for Julie's 2e Adults' Online Conference:
<https://www.withunderstandingcomescalm.com/~access/a1c398f/>

Eric Windhorst, EricWindhorst.ca

- <https://www.ericwindhorst.ca>
- <https://ca.linkedin.com/in/eric-windhorst-b3b22b42>
- <https://www.psychologytoday.com/ca/therapists/eric-windhorst-hamilton-on/308449>

Nadja Cereghetti, Unleash Monday

- <https://unleashmonday.com>
- <https://ch.linkedin.com/in/nadjacereghetti>

Webinar Chat Notes

The following chat notes have been edited for brevity and personal comments have been removed.

01:00:01 Cliff: Woo!

01:00:06 Tim Kulikowski - The G Word: Sophia Elliott's Our Gifted Kids: <https://ourgiftedkids.com/podcast/>

01:00:55 Nadja Cereghetti: Hello Cliff 😊

01:03:14 Tim Kulikowski - The G Word: <https://www.thegwordfilm.com/my-gifted-story>

01:03:38 Alwin: Netherlands... 1276

01:03:38 Sue: Harrisonburg VA 22801

01:03:45 ashbeetr: S7L1N8 Saskatoon SK Canada

01:03:47 Amy: Hi there from Frederick, MD 21701!

01:03:49 Cliff: Oh, it's great that these messages are being amplified on social media! (78259 in the U.S. here) 😊 Hi Nadja! Sue, I used to go to JMU!

01:03:50 Ilana: Montreal, Canada!

01:03:55 Ms. C: San Francisco

01:03:56 Delphine: Toronto, Canada

01:03:59 Lorin: Dallas, TX 75218

01:04:02 Julie Skolnick: Potomac, MD 20854

01:04:03 Anna: Netherlands

01:04:06 Yazmin: Hi from US East Coast 06461

01:04:07 Joanna: Hello from Minnesota, USA 55016

01:04:10 Dee: Visalia, CA 93277

01:04:21 Nadja Cereghetti: Switzerland 🇨🇭 4052

01:04:38 AS: Belgium

01:05:28 Kerri: 20878

01:13:25 Susan: 20854

01:13:31 Victoria-Rose: St. Pete FL - 33710 :)

01:13:32 Catalina: London, UK, NW11 0DA

01:13:34 Cecilia: Vancouver, BC, Canada

01:13:35 john: 97304

01:13:41 veroni: 48103

01:13:42 Katharina: 02459

01:13:53 Aarav: 98052

01:13:56 Kristen: 19512

01:14:15 Tim Kulikowski - The G Word: Eric Windhorst:
<https://www.ericwindhorst.ca>
<https://ca.linkedin.com/in/eric-windhorst-b3b22b42>
<https://www.psychologytoday.com/ca/therapists/eric-windhorst-hamilton-on/308449>

01:20:11 Cliff: Well-said, Eric...it's like hitting a bull's-eye on a moving target...from a surfboard. :)

01:21:58 Tim Kulikowski - The G Word: River Aaland, Ophelia's Place
<https://www.opheliasplace.net/staff/river-training-amp-outreach-director>
<https://treestoneriverbone.com/author/riveraaland/>
<https://www.linkedin.com/in/riveraaland>

01:22:49 Jessica: The therapist that finally worked wonders for me (2e) has a focus on supporting the development of self-compassion.

01:23:20 Jessica: 98117

01:26:35 Tim Kulikowski - The G Word: Paula Prober
<https://rainforestmind.wordpress.com>
<https://thriveglobal.com/authors/paula-prober/>
<https://www.psychologytoday.com/us/therapists/paula-prober-eugene-or/41816>

01:29:21 Jessica: I wish that support for that kind of healing was available for our kids!

01:29:47 Sue: What is rainforest?

01:30:38 Kate: I have a young friend who's clearly gifted and suffering enormously in the "real world" and has NO idea why she's encountering difficulties - I suggested she check our Rainforest Mind, but she recoiled vibrantly when she discovered Paula's a therapist, imagining I was saying there's something wrong with her that needs correcting - it's so sad - I did use the word "gifted", too, but she missed it entirely, is getting more & more lost in her rainforest . . .

01:31:48 Kate: More about this movie, please - title? Finding it? I wasn't here yesterday . . .

01:32:45 Cliff: It's an excellent metaphor. Rainforest ecology are diverse and unique but quite sensitive to damage, support a massive rain cycle, and require wise cultivation and preservation--they can grow back after damage, but there is something of the uniqueness that is lost after trauma.

01:33:10 Nadja Cereghetti: @Kate, here is the link to the G Word Film: <https://www.thegwordfilm.com>. I can relate to wanting to guide gifted people to understand themselves.

01:33:35 Tim Kulikowski - The G Word:
<https://www.amazon.com/Your-Rainforest-Mind-Well-Being-Gifted/dp/0692713107>

01:33:50 Amy: I'm privileged to have had Paula as a consultant for me several years ago who helped me understand my Rainforest Mind, gain acceptance of it and help me cultivate a greater sense of purpose. It is what has brought me here today. Very appreciative of these continued conversations. I'm 54, by the way. So it's never too late to discover the richness of this journey.

01:34:33 Tim Kulikowski - The G Word: The film is entitled The G Word. We are in post-production so it's not released yet. You can find out more at www.theGwordfilm.com

01:34:57 Tim Kulikowski - The G Word: More on River: <https://www.coachingwithriver.com/>

01:35:29 Joy: I have been gifted to know and learn from Paula for at least a decade. I agree that we are seeing needs post-pandemic. I have 5 new clients this week! To add to what Paula says, we need to continue to explore through the lifespan. For example, my book On Gifted Elders is an intro to that exploration.

01:36:40 Tim Kulikowski - The G Word: Paul (PJ) Sedillo, New Mexico Highlands University
<https://www.nmhu.edu/school-of-education-faculty-and-staff/>
<https://www.linkedin.com/in/dr-pj-sedillo-7894a157>
<https://www.nagc.org/bio/paul-j-pj-sedillo>

01:37:57 Paula Prober: Sending to all: River works with teens internationally. I recommend her!

01:38:14 Kate: It's so great to be among (even just onscreen) people who embrace diversity, probably even apart from giftedness - being in a red southern state is isolating quite without a pandemic!

01:39:09 Paula Prober: I consult with adults internationally. :)

01:40:24 Amy: Great point on the Coming Out process!

01:41:11 Joy: I would like to emphasize what Paula just posted. She is a marvelous consultant and offers that service internationally. I have recommended her to many gifted adults who live outside of my state of KY, where I practice.

01:43:08 Kate: I'm 77 and have yet to encounter anybody in person other than Mary-Eliane Jacobsen, who had any idea what I'm talking about about giftedness, nor understanding why that might make me different . . .

01:46:14 Tim Kulikowski - The G Word: Julie Skolnick, With Understanding Comes Calm, LLC
<https://www.withunderstandingcomescalm.com>
<https://www.withunderstandingcomescalm.com/2e-conferences/>
<https://www.linkedin.com/in/julie-rosenbaum-skolnick-5b582351>

01:46:31 Tim Kulikowski - The G Word: To register for Julie's 2e Adults' Online Conference (next week):
<https://www.withunderstandingcomescalm.com/~access/a1c398f/>

01:47:04 Tim Kulikowski - The G Word: Julie has offered a free 20-minute phone consultation: You can

book her time at JulieSkolnick.youcanbook.me.

01:47:24 Marc Smolowitz: I will be moving into Q&A in about 10 minutes...

01:47:52 Joy: T... You may want to check out Ellen Fiedler's work regarding lifespan giftedness. She may also do consultations.

01:49:06 Paula Prober: I'm happy to answer questions after this if anyone wants to contact me via my website rainforestmind.com.

01:49:50 Joy: T...
https://www.giftedunlimitedllc.com/store/p4/Bright_Adults%3A_Uniqueness_and_Belonging_Across_the_Lifespan.html

01:52:29 Sameer: @Eric: thanks for the writeup/book recommendation. I feel like I'm reading about myself.

01:52:30 Cliff: We definitely need more community among the gifted. Hearing from each other is very validating and informative.

01:53:13 Julie Skolnick: Let's Talk 2e Adult Facebook page:
<https://www.facebook.com/groups/749765199034202>

01:53:17 Tim Kulikowski - The G Word: Erin Keeley, Gifted Women's Summit
<http://www.erinkeeley.com>
<https://giftedwomensummit.com>
<https://www.linkedin.com/in/erincolleenkeeley>

01:53:46 Julie Skolnick: Let's Talk 2e Parents Facebook Page:
<https://www.facebook.com/groups/2549942611925883>

01:54:13 Julie Skolnick: Let's Talk 2e Facebook Teachers' Lounge:
<https://www.facebook.com/groups/3876712172375460>

01:55:53 Cliff: *hug* Erin

01:58:11 Catalina: @Erin, I hear you and see you! Similarly my father was a genius who suffered his entire life and his genius turn against himself because he didn't trust himself enough to reach to his potential. Sending you big hugs 🤗

02:00:23 Catalina: crying right now... we care so much

02:01:58 Tim Kulikowski - The G Word: Jennifer Sallin, InterGifted
<https://intergifted.com>
<https://rediscovering-yourself.com>
<https://ch.linkedin.com/in/jennifer-harvey-sallin-1834015>

02:04:03 Rene: 🙌

02:04:20 Alwin: My entire life I have been feeling lonely and different. The way I can get sucked in learning information, the fact that I get goosebumps by listening to music or reading books. My friends and family always laughed when I tried to explain, no one to connect to. I've been living in my head for so many years. A short while ago my career coach mentioned "giftedness" to me. It's like an entire world opening up to me. For 34 years I have been holding back a volcano, and now it's erupting. The tears just keep flowing... I've just finished reading "Your Rainforest Mind", there's so much I can relate to. Excuse my language, but it's just hitting me: "Holy ---, I'm not weird! There's nothing wrong with me!" So thank you for writing the books, sharing the information! (I still feel, somewhat, that I'm not gifted though. The imposter syndrome talking? My inner voice in my head is saying like: "You're no Einstein or Steve Jobs. Just be normal!")

02:04:48 Ilana: LOVING your training, Jen!

02:05:41 River Aaland: Paula's work is literally life saving. I hear you Alwin!

02:06:04 Amy: I feel you Alwin! Sending you a hug!!

02:06:36 Paula Prober: Oh, Alwin. Big hugs to you. So glad my book has helped.

02:06:44 Rene: I have thought for years about alternative ways to "label" giftedness. But at the end of the day it *isn't* the label that is uncomfortable for people. It's that our culture - including gifted people - don't understand giftedness and why it matters. I've turned my attention to

owning the word gifted, defending gifted as a definable reality, and championing intersectionality that INCLUDES neurodiversity.

- 02:06:53 Rene: I appreciate you encouraging people to own it!
- 02:06:53 Nadja Cereghetti: Hello Amy
- 02:07:16 Amy: Hi Nadja! <3
- 02:08:28 Tim Kulikowski - The G Word: Nadja Cereghetti, Unleash Monday
<https://unleashmonday.com>
<https://ch.linkedin.com/in/nadjacereghetti>
- 02:08:29 Julie Skolnick: Nadja is also a speaker at Let's talk 2e!
- 02:08:38 Sameer: @Marc, I gotta say, you are a phenomenal moderator.
- 02:08:38 Delphine: What's the name of the podcast?
- 02:08:40 Kristen: I was identified in school as gifted but didn't completely understand what it meant. I guess I just thought it meant I was smart, but honestly thought it was a mistake and that I was barely gifted. The Rainforest Mind and many other resources in this community have helped me to realize the strength of my differences and that they are part of being gifted. As an adult, I now realize that I have held back in many ways, and it's so exciting and helpful to find this community! Thank you.
- 02:09:53 Alwin: Thank you for the support everybody!
- 02:11:56 Rene: <https://unleashmonday.com/>
- 02:13:02 River Aaland: 100% Eric!
- 02:15:04 Amy: It can feel so lonely, to feel that you cannot talk about your giftedness... That's why it's so important to find community!!
- 02:15:37 Lorin: Hello all. Thank you for sharing these insights. I'm a gifted adult who had minimal support related to giftedness growing up who is raising (highly) gifted/2E children. I'd love to get on a new career path supporting the gifted population in understanding the psychology of giftedness. I have 25 years experience with kids with Autism and a Master's Degree in Special Ed/Early Intervention. I'd like to pursue a doctoral degree to support Neurodiversity, but what is a good path to get there?
- 02:15:52 Julie Skolnick: Maggie Brown's talk is Cumulative Relational Trauma at Let's Talk 2e
- 02:15:54 Julie Skolnick: Support The G Word and attend the Let's Talk 2e Virtual Conference for Adults (free from Nov. 1-Nov. 2 and early bird All Access Pass \$127) To register with The G Word affiliate link: <https://www.withunderstandingcomescalm.com/~access/a1c398f/>
- 02:18:11 Julie Skolnick: The G Word has an incredible manifesto that lays out what they are doing and why!
- 02:18:44 Nadja Cereghetti: I used a non gifted title to lure people into listening my podcast if you want to listen: <https://unleashmonday.com/>
- 02:19:52 Erin Keeley (she/her): I am looking for help with and collaborators for the next Gifted Women Summit in 2022. Email me if interested!
- 02:20:26 Alwin: I've listened to Unleash Monday, an episode with Jennifer. Great talk!
- 02:20:28 Sameer: @Nadja, I've added your podcast to my podcast app. I look forward to listening to it.
- 02:21:06 Rene: 🙌
- 02:21:19 Jennifer Sallin: For more on gifted trauma, here's the link to the Conversations on Gifted Trauma podcast: www.anchor.fm/gifted-trauma
- 02:22:03 Nadja Cereghetti: @Sameer I hope you enjoy and please share your thoughts with me afterwards!
- 02:22:23 Julie Skolnick: @Kate search "emotional Overexcitability" on www.WithUnderstandingComesCalm.com and you'll find blogs and articles that I hope will resonate
- 02:23:55 Herbert: Can somebody please explain the connection between giftedness and (possible) narcissistic abuse? As I recognise that as well, but it's the first time I hear about it

02:24:44 Yazmin: Healing, intersectionality, 2e, 3e, 4e, resiliency, overexcitability, coming out, complex trauma, Rain Forest, etc. <3 LOVE this webinar, thank you all!

02:25:12 Cliff: I'm not optimistic on getting a common definition: I think there are competing interests among people who want to define giftedness differently.

02:25:50 Sue: @PJ: "Intelligence" doesn't have a good definition, yet "we" try to measure it & then create cut-off scores.

02:25:50 Sameer: I can relate to so many of the traits and experiences mentioned here.
But, I've never been assessed. Do people on the panel recommend that someone like me take the assessment?

02:25:53 Julie Skolnick: @herbert both Heather Boorman is speaking on Narcissism and the 2e soul and Scott Barry Kaufman is also touching on narcissism in his session at Let's Talk 2e

02:26:18 Rene: Very real barrier. Brain structure is actually different starting around IQ of 121. Schools continue to define giftedness based on their services rather than on psychological or physiological numbers. ... We identify based on a deficit model rather than on a social or strengths support way...

02:26:26 Herbert: @Julie: I'll look them up. Thanks!

02:26:58 Julie Skolnick: I really like the Columbus Group definition of Giftedness: Asynchronous development in which advanced cognitive abilities and heightened intensity combine to create inner experiences and awareness that are qualitatively different from the norm. This asynchrony increases with higher intellectual capacity. The uniqueness of the gifted renders them vulnerable and requires modifications in parenting, teaching and counseling in order for them to develop optimally (The Columbus group, 1991) as found in (Off the Charts Asynchrony and the Gifted Child, Neville, Christine S., Piechowski, Michael M. and Tolan, Stephanie S., eds., Royal Fireworks Press, 2013, p. 14).

02:27:47 Sue: I appreciate this Zoom! (I started my application for a grad degree with a similar line that Marc used to start this Zoom -- giftedness doesn't go away at age 18.)

02:28:07 Erin Keeley (she/her): Kinesthetic intelligence is another category that isn't really being talked about.

02:28:31 Rene: We really need to take the question of "identification" out of the educational community - which is primarily built for and run by neurotypical people - and look for evidence based ways to see how to support healthy learning and development for students wherever they fall on the spectrum of neurodiversity.

02:28:31 Amy: Excellent River!

02:28:34 PJ Sedillo (he, him, his): There are so many problems that exist with using a cut off score of 130 in the State of New Mexico. We do have factors (Los SES, ELL..etc) that we can use to support individuals who do not reach that 130. Our state is working on this issue to look at the whole child.

02:29:04 Jennifer: <3

02:29:05 Amy: ❤️ to Paula

02:29:08 Alwin: ❤️

02:29:12 Rene: "spectrum isn't a great phrase" to use there since it overlaps with autism... Please forgive that lack of clarity.

02:29:33 Delphine: Thank you very much for this session! I feel a little less alone

02:29:44 Julie Skolnick: @rene Sarah Wayland is speaking about autistic strengths at Let's Talk 2e

02:29:46 Rene: Thank you all for your time this morning!

02:29:51 Yazmin: ❤️

02:30:04 Cliff: 💖💖

02:30:06 Julie Skolnick: Thank you all - this has been magnificent, inspirational - to be with all the fellow panelists and the amazing attendees!

02:30:31 Julie Skolnick: @Kate - yes - anti intellectualism...

02:31:14 Tim Kulikowski - The G Word: Thank you to all of our panelists and attendees. We're so glad you

were able to take time to join us today!

02:31:15

Erin Keeley (she/her): Yep :) we focus on that in the Gifted women summit too.

02:31:20

Tamsin: This panel has been fantastic. Thank you!! And thank you Marc for organising and everything you're doing.

02:31:23

Erin Keeley (she/her): More types of intelligences.

02:31:24

Kerri: thank you!

02:31:26

Michelle: Thank you!

02:31:31

Joanna: thank you!!