

Transforming the Intense Child or Teen

This training is for you if:

You care for a challenging child or teen and you have found that no matter how much you (and others) try to help the child/teen; they still struggle with one or more of:

Self-control problems

Overreacting

Anxiety or depression

Anger, disrespect, and arguing

This training is designed for parents, caregivers, mental health professionals, and educators. It is free of charge thanks to a grant from California's Mental Health Services Act.

The presenter will be Jennifer Lotery, Ph.D., a Clinical Psychologist who has been working with children and teens in El Dorado County for over 25 years. The training is based on the work of Howard Glasser who developed the Nurtured Heart Approach® (described below).

Date and time: **Friday, December 6, 2019**
9:00am to 3:00pm

Cost: **FREE** Also available free of charge: Up to 6 optional half-hour phone support sessions to help with using the approach.

Location: Summitview Child and Family Services
670 Placerville Dr., Placerville CA (2nd floor)

There will be a lunch break. You can bring a lunch (fridge and microwave available) or buy lunch nearby.

RSVP REQUIRED

Contact Jennifer Lotery at jlotery@summitviewtreatment.org

If you don't use email, leave a message at (530) 644-2412, ext. 238

A description of the approach by the Children's Success Foundation:

The Nurtured Heart Approach® is a relationship-focused methodology founded strategically in The 3 Stands™ for helping people build their Inner Wealth® and use their intensity in successful ways. It is a powerful way of awakening the inherent greatness in all children while facilitating parenting and classroom success. The essence of the Approach is a set of core methodologies originally developed for working with the most difficult children. It has an impact on every child, including those who are challenged behaviorally, socially and academically. The Nurtured Heart Approach has been found to create transformative changes in children diagnosed with ADHD, Oppositional Defiant Disorder, Reactive Attachment Disorder and other behavioral, emotional and anxiety related symptoms. Even children experiencing social/cognitive challenges, like Autism Spectrum Disorder greatly benefit from the Approach, reducing the need for traditional mental health and medical interventions.

More information is available at: www.childrensuccessfoundation.org