

## **Transforming the Challenging Child - A Nurtured Heart Approach®**

The Nurtured Heart Approach® (NHA) is more than just a parenting or educator behavior management strategy. It is a philosophy for creating healthy relationships with the people in your life. Originally created by Howard Glasser in 1992, NHA is being successfully implemented through families, classrooms, foster care, health care professionals, social workers and criminal justice organizations that are seeking successful, early intervention techniques. NHA consists of a set of strategies that assists children in further developing their self-regulation and has been found effective with children of all ages. It focuses on transforming the way children perceive themselves, parents, teachers, therapists and the world around them. In Nurtured Heart Approach® thinking, we believe intensity is a powerful quality that, if developed correctly, can propel children onto amazing achievements. When a child learns to feel great about their intensity, the incidents of challenging behavior dissolve. Though the approach was designed for the “intense child”, it is best delivered on all children. This workshop is casual and comfortable loaded with authenticity and humor. The 6 hour training will involve participants with powerful experiential activities. It will surely transform your relationship with children you care for at work and home.



Lisa Dykstra holds a Master’s Degree in Social Work from Grand Valley State University. She is a Certified NHA Trainer and uses the approach to support children with intense behaviors in her role as a School Social Worker where she has served students in her community for 15 years. In 2017, Lisa expanded her opportunity to combine clinical skills and NHA as she started her own private practice to support children and families as a Therapist. A strong believer in the power of relationship when working through behavioral challenges, Lisa consistently and successfully uses the Nurtured Heart Approach in both professional settings. The most meaningful application of the approach happens in her own home with her husband and their 4 children. In her free time, Lisa enjoys reading, crafting, spending time outside, and playing games with her kids.

**Date: Friday, June 11, 2021**

**Time: 8:50a.m. - 3:30p.m.**

**Location: live, online webinar via Zoom**

**Presented By: Lisa Dykstra**

**Cost: \$99**

**Register at [www.gvsu.edu/swce](http://www.gvsu.edu/swce)**

Recommended for LBSW and LMSW beginner skill level; for learning objectives and additional program information, please go to our web site.

Grand Valley State University School of Social Work, an accredited social work education program, is authorized by Administrative Rule 338.2965 to award Michigan social work continuing education contact hours.