

## Promoting Resilience in Vulnerable Youth Using the Nurtured Heart Approach®

**Curriculum:** Trauma and crisis management: Effects of abuse and neglect on children

**Date/time:** Friday, October 16, 2020 • 8:45 AM – 12:00 PM (ET)

**Location:** Live synchronous training via Zoom

**Social Work CECHs:** 3 hours • Approval #MICEC-0004

**Cost:** Free to all MDHHS and private agency child welfare workers; \$49 all others

**Presenter:** Lisa Dykstra, LMSW



**Beginning skill level**

**Target audience:**

- ✓ Children's Protective Services Workers
- ✓ Foster Care Workers
- ✓ Adoption Workers
- ✓ Family Preservation Workers

**Training objectives:** As a result of this training, participants will be prepared to:

- Define the three stands of NHA.
- Define "upside down energy."
- Name four types of recognitions.

**Description:** The Nurtured Heart Approach® (NHA) allows child welfare workers to build resiliency in our most vulnerable youth. Originally developed for intense children in residential treatment, NHA was soon to be found as most successful when used with all children. Its foundation is built on the heart of relationships and can be employed by anyone at any time. Children who are at-risk or have experienced abuse or neglect often have a negative narrative running in their head about their worth, which impacts their ability to trust adults and ultimately results in challenging behaviors. NHA is based on three simple yet powerful stands that work best in concert together to break through those false narratives and build a child's inner wealth while promoting resiliency. Your heart will be transformed and ready to ignite greatness with the children and families you support after attending this three-hour live virtual training. This training will utilize exercises, small and large group discussions, and visual displays.

## Emotional and Behavioral Dysregulation in Children: A Neuropsychological Perspective

**Curriculum:** Mental and behavioral health: Understanding emotional and mental health concerns of youth

**Date/time:** Friday, December 11, 2020 • 12:45 PM – 4:00 PM (ET)

**Location:** Live synchronous training via Zoom

**Social Work CECHs:** 3 hours • Approval #MICEC-0004

**Cost:** Free to all MDHHS and private agency child welfare workers; \$49 all others

**Presenter:** Diana Osipsov, LMSW



**Intermediate skill levels**

**Target audience:**

- ✓ Children's Protective Services Workers
- ✓ Foster Care Workers
- ✓ Adoption Workers
- ✓ Family Preservation Workers

**Training objectives:** As a result of this training, participants will be prepared to:

- Identify the various functional capacities of cognitive, social, and emotional development.
- Obtain a better understanding of various regions, and corresponding functions, of the brain.
- Differentiate between emotional and behavioral dysregulation and presentation.

**Description:** This training will explore emotional and behavioral dysregulation in children from a developmental model, examining the neuropsychological aspects of development and resulting emotional and behavioral pediatric disorders. This training will utilize small and large group discussions and visual displays.