



Association for Treatment and Training
In the Attachment of Children

Presents
**Therapeutic
Parenting**



Date and Location

Therapeutic Parenting

Saturday, April 24, 2010

The Nebraska Children's Home Society

4939 S. 118th Street

Omaha, NE 68137

Telephone (402) 451-0787

Intended Audience: Foster and adoptive parents, parents of children with attachment problems, case workers, therapists.

Agenda - Saturday, April 24

8:30 AM - 9:00 AM **Registration & Continental Breakfast**

9:00 AM - 10:00 AM *Loss: The Hidden Trauma*

Jacquelyn Meyer, LMHP

Barriers to a child's attachment to his new parents can come not only from a child's past, but also a parent's past. Join us as we explore the losses involved in adoption/foster care and how to put those losses into perspective, allowing healing and bonding to occur.

10:00 AM - 10:15 AM **Break**

10:15 AM - 10:30 AM **Roll Play**

10:30 AM - 11:15 AM *Complex Trauma: What it is and what it means for you*

Arthur Becker-Weidman, Ph.D.

This presentation will describe what is complex trauma, how it affects child development, and what this means for parents and therapeutic interventions. You will learn what is complex trauma, its impact on attachment, behavioral regulation, emotional regulation, cognition, dissociative responses, biology, and self-concept, and what this means for parenting.

11:15 AM - 11:30 AM **Roll Play**

11:30 AM - 12:15 PM *Attachment Across Generations*

Mary Jo Land, CPT

We all have vulnerabilities that sometimes get in the way of being calm and kind, especially when we feel provoked or triggered by our child's behavior. A deeper self-understanding of this dynamic can be achieved through understanding attachment across generations.

12:15 PM - 1:30 PM **Lunch Break**
Lunch is provided.

1:30 AM - 2:15 PM *Adjusting Expectations*

Lynn Wetterberg, MS

All families come to parenting with dreams. When these dreams collide with reality it can leave a parent angry and depressed. What is needed is an "attitude adjustment"! Come learn to free yourself of unrealistic expectations and take joy and pride in little accomplishments.

2:15 PM - 2:45 PM *I ESCAPE: A protocol which promotes pro-social behaviors*

Craig Clark, MA, MFT

Based on a protocol developed at Cornell University, ATTACH has adapted this intervention for caretaker use at home. The protocol is designed to effectively intervene, stop unwanted behaviors, and provide a constructive response that applies recommended parenting approaches outlined in the ATTACH parenting handbook.

2:45 PM - 3:30PM **Break**

3:30 PM - 5:00 PM *Role Playing: A Different Way of Parenting*

Facilitator: Mary Jo Land

Panel Members: Robert Spottswood, Art Becker-Weidman, Christopher Diani, Pat Ann St. Germain

The therapeutic parenting approach will be modeled through role-playing of common scenarios. Parents will learn how to look beyond the behavior and respond in a more empathic way.

5:00 PM **Adjournment**

ATTACH

23rd Annual Conference

To be held

September 21 - 24, 2011

At the Double Tree Hotel

Omaha, Nebraska