A Workshop for Parents: Keeping Your Cool As A Parent

Date: Monday, November 5, 2018
Time: 7:00 PM – 8:30 PM
Location: Litchfield Intermediate School - In Library
35 Plumb Hill Road, Litchfield, CT 06759
Presenters: Dr. Jill Hanson and Dr. Cara Lattizori Nguyen of Moving in Harmony, LLC

In Partnership with the Greenwoods Collaborative School Project, Litchfield Prevention Council, Litchfield Public Schools and Wamogo Regional High School

Overview & Purpose:

In this workshop we will discuss how parents can learn to control their internal state in order to control their behavioral state. Parents will learn how to increase awareness and improve skills to stay calm and in charge. These tools will help oneself sustain wellbeing and achieve desired parenting practices.

Objectives For Participants:

- To apply relaxation techniques to keep calm and in control
  - Taking one’s temperature
  - 4-5-6 Belly Breathing
  - Progressive muscle relaxation for awareness and soothing
- To understand how these relaxation techniques work
  - Some key body and brain processes
  - The folded fist model of the brain
- To respond intentionally rather than reacting to unwanted behavior
  - Parental self awareness
  - The STOP Technique
  - Practical applications

Registration is not required but it is encouraged. If you would like to register or for additional information, please contact Elizabeth Griswold, LCSW/Program Manager at Greenwoods Counseling Referrals, Inc.
Phone: (860) 795-4908 / Email: egriswold@greenwoodsreferrals.org
Cara and Jill formed **Moving in Harmony** to create opportunities for people to increase interpersonal connection and harmony, deepen joy and playfulness, boost wellbeing, be more present in all aspects of life, and revitalize their lives through movement and fun interaction.

Moving in Harmony is play, meditation, mindfulness, and skill building in a variety of packages. We tailor play groups for couples, families, children, and individuals of all ages and varying circumstances to experience more internal and interpersonal harmony.

**Jill Hanson, LMFT, PsyD** focuses her psychotherapy practice on trauma and attachment. Jill’s *Trauma and Attachment Guide* (TAG, Hanson, 2011) was created to help people recover from historic traumatic experiences that keep them stuck in the past by:

- Building skills to remain calm and in control;
- Making intentional choices to connect with healthy people in healthy ways;
- Working through painful events and memories that interfere with living well now;
- EMDR Therapy augments the trauma and attachment model

Jill also helps couples deepen trust and connection and assists divorcing parents to make effective parenting plans, prepare their children, and manage the process of separating and forming different households.

**Cara Lattizori Nguyen, Psy.D.** is a licensed Clinical Psychologist and has worked as a therapist since 1991. She has worked with children and families in varied settings (intensive in-home, hospitals, schools and outpatient.) She assists adults, children and adolescents who struggle with depression, anxiety, loss, severe mental illness, developmental challenges, parenting and divorce. Finally, she loves to work with families together to provide trust and resources to get unstuck from less adaptive attempts at health. Her training and experience with ADHD, autism, anxiety disorders, trauma, grief and loss, and working through the process of getting out of stuckness supports making change happen.