A Workshop for Parents: Who’s in Charge Here!

Date: Monday, December 3, 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 to be effectively in charge and avoid power struggles. Parents will learn how to clarify boundaries and provide structure, using a guiding hand rather than dictatorial or passive communication styles.

Objectives For Participants:

• Structuring for success
• Clarifying healthy authority: power, hierarchy, and boundaries in families
  • (the family unit as a corporation)
• Mapping your family
• Strategies for being effectively in charge
  • Clear expectations, limits, reinforcers, consequences
  • Behavior charts, lists, and letters
  • Responding to unwanted behavior
  • Planning for push back
• Building a parenting team (in the same house or different households)
• Recognize engagement in power struggles (physiological signs, thoughts, etc.) and use that information to STOP and respond in an intentional manner.
• Disentangle yourself from the web of interactions that keep you from using power effectively and comfortably.
• De-escalation strategies

Registration is not required but it is encouraged. If you would like to register or for additional information, please call or text Elizabeth Griswold, LCSW/Program Manager at Greenwoods Counseling Referrals, Inc.
Phone: (860) 795-4908 / Email: egriswold@greenwoodsreferrals.org

25 South Street | P.O. Box 1549 | Litchfield, CT 06759
Telephone: (860) 795-4908 | Website: www.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.