

Getting Your

Ducks in a Row

Creating a Regulating Environment for Children and Adults from Difficult Beginnings

Presented by

Ce Eshelman, LMFT

Children and adults from difficult beginnings of abuse, trauma and attachment challenge often have a hard time managing their emotions. If you live or work with one (or more) of them, you know all about those difficulties. This course will help you develop a regulating internal and external environment to maximize regulation in the most important places--- your home, work or classroom. Wear comfortable clothing and shoes for a fun-filled day of getting a grip on emotional regulation from the inside out!

LEARNING GOALS:

- The Role "Sensory Out-of-Sync-ness" Plays in Regulation
- How to Set Up the Zones of Regulation at Home or Other Settings
- Role of Therapeutic Interactions including Parenting in Regulation
- How to Create a Sensory Calming Corner at Home, Workplace & School
- Causes of Regulation & Dysregulation
- The Role of Play in Regulation
- Regulation Tools

FRIDAY, NOVEMBER 17th

Location: Miner's Inn Convention Center

122 E. Miner Street, Yreka

9:00 - 4:00pm ~ Doors open at 8:30am

Free of charge to participants.
Continental breakfast and lunch are provided!

Register here: <https://www.surveymonkey.com/r/NOV-17-YREKA>

This training meets qualifications for 5 continuing education credits for LMFTs, LCSWs, LPCCs and/or LEPs. This course & CEUs are free of cost.

For more information regarding CEUs, please see back page.

For questions, and to register by phone, please contact First 5 Siskiyou at 918-7222.



Ce Eshelman, LMFT, is a champion of adoptive parents, the founder of [The Attach Place Center for Strengthening Relationships](#) in Sacramento and author of a support book for adoptive parents – **Drowning with My Hair on Fire: Insanity Relief for Adoptive Parents.**

She is an attachment therapist specializing in treating families with children diagnosed with Reactive Attachment Disorder, Complex Developmental Trauma, and attachment and abuse recovery challenges.



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Child care reimbursement available for adoptive parents. Please call Leslie at 530.879.3861.



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Sierra Forever Families is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for **LMFTs, LCSWs, LPCCs and/or LEPs**. Sierra Forever Families maintains responsibility for this course and its content.

This course meets the qualifications for 5 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. Sierra Forever Families (Provider Number 134598) is approved by the California Board of Behavioral Sciences. A 45- minute lunch break within this course is excluded. This course and CEUs are free of cost.

Training location is ADA approved. For special arrangements or accommodations to attend this training, please contact Leslie at 530-879-3861 or ldamschroder@sierraff.org prior to course date to allow timely accommodations which might include sight and/or hearing disabilities.

**Pre-registration
required ~**



Register here: <https://www.surveymonkey.com/r/NOV-17-YREKA>

If you're UNABLE TO ATTEND, please notify Leslie Damschroder by phone or email to cancel in order to allow space for other participants as space is limited.

CE Certificates will be available for participants having completed entire training at registration desk.

Grievance Policies & Procedures are available upon request:
Please call or email at: 530-879-3861 or ldamschroder@sierraff.org