

# 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 17<sup>th</sup>

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](mailto: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](mailto:ldamschroder@sierraff.org)