

This training is an Introduction to the full-day training offered on Friday, March 6th, 9:00 – 3:30pm at the Miner's Inn Convention Center in Yreka. It is intended for parents, adoptive parents, foster parents, caregivers, and anyone working with children with severe behavioral and emotional challenges.

An Introduction to Stress, Trauma, and the Failure of Fear-based Interventions

Presented by **Bryan Post**

How adults respond to a child's behaviors has lasting effects on his or her development, according to the American Academy of Pediatrics (AAP). It shapes how the child thinks, behaves, feels, and interacts with others. Children who have been impacted by trauma need specific approaches to discipline to ensure positive outcomes. Disciplinary strategies such as time-out, isolation, consequences, and behavior modification – in most cases, don't work. In this trauma-informed training, Bryan Post will present an alternative approach, and offer recommendations, for working with children and youth with severe behavioral and emotional challenges.

LEARNING GOALS AND OBJECTIVES:

- ✓ Develop a working definition of trauma that applies to both children and adults.
- ✓ Understand how the limbic system changes in response to traumatic experiences.
- ✓ Learn how to identify the root cause of severe behaviors in children.
- ✓ Understand the two primary emotions and how they define parent/child interactions.
- ✓ Learn why the hormone oxytocin is critical in the development of children.
- ✓ Identify 3 common parenting techniques that lead to more stress in traumatized children.



Bryan Post is an internationally recognized specialist in the treatment of emotional and behavioral disturbances, and specializes in a love-based treatment approach that focuses on developing a deeper understanding of trauma, stress, and fear and how they influence our lives.

**THURSDAY
MAR 5TH**
Church of the Nazarene
415 Evergreen Lane, Yreka
5:30 - 6:00PM ~ Dinner
6:00 - 8:00PM ~ Training
Dinner and child care are provided!
Training is free of cost
to participants!

REGISTER

<https://www.surveymonkey.com/r/Mar6-2020>

Child care reimbursement available for adoptive parents.
Please call Leslie at (530) 879-3861.

