

This training is intended for parents, adoptive parents, foster parents, caregivers, and anyone working with children with severe behavioral and emotional challenges.

# 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.

**CEUs:** This course meets the qualifications for 6 hours of continuing education credit for LMFTs or LCSWs, as required by the California Board of Behavioral Sciences. CEUs are free of cost and will be provided by email within two weeks of the training date. More information on back page.

**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. (More information on back page.)

**FRIDAY  
MAR 6<sup>TH</sup>**

Weed Community Center

161 E. Lincoln Avenue, Weed

**9:00 - 3:30PM**

Light breakfast and lunch 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.





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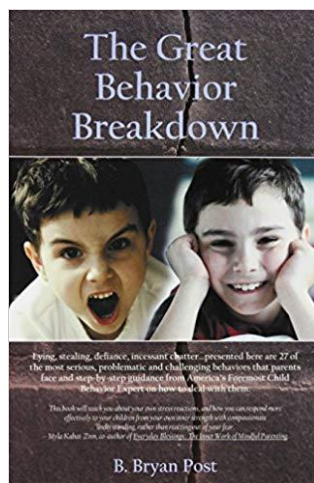
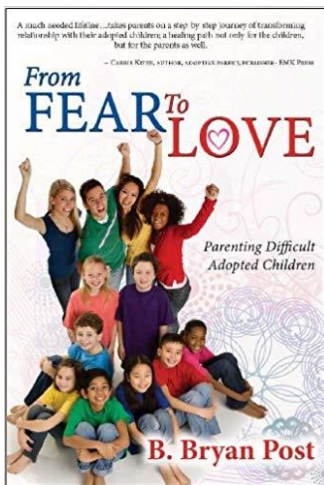
Presented by

**Bryan Post**

**Bryan Post**, an adopted and former foster child, is one of America's foremost child behavior and adoption experts and founder of the Post Institute. A renowned clinician, lecturer, and best-selling author of *From Fear to Love*, *The Great Behavior Breakdown* and ten other books, and more than 100 video and audio programs, Bryan has traveled throughout the world providing expert treatment and consultation to a variety of groups. An internationally recognized specialist in the treatment of emotional and behavioral disturbance, Bryan specializes in a love-based treatment approach that focuses on developing a deeper understanding of trauma, stress and fear and how they rule our lives. He counters this by offering an enlightening perspective on the all-encompassing power of love to bring us peace and healing.

The love-based, family-centered principles and concepts offered by Bryan have been taught to more than 200,000 parents and professionals around the world. He is host of *Post's Daily Dose* an original facebook live show on five days a week at 6:30pm on

[www.facebook.com/postinstitute](http://www.facebook.com/postinstitute). You can receive a free copy of his best-selling adoption parenting book *From Fear to Love* by going to <https://www.feartolovebook.com>.



## Continuing Education Information:

### **Therapists, Social Workers, and Counselors:**

Lilliput Families is approved by the California Association of Marriage and Family Therapists (CAMFT - Provider #66256) to sponsor continuing education for Licensed Clinical Social Workers, and Licensed Marriage and Family Therapists. Lilliput maintains responsibility for this program/course and its content. This course meets the qualifications for 6 hours of continuing education credit for LMFTs or LCSWs, as required by the California Board of Behavioral Sciences. CEUs will be provided by email within two weeks of the training date. **CEUs are free of cost.** A 30 - minute lunch break within this course is excluded.

### Additional Information:

**This training is free of cost.**

Materials, light breakfast, lunch, and beverages are provided.

Check-in: 8:30am – 9:00am

Training: 9:00am - 3:30pm

**Pre-registration is required.**

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

### Cancellation Policy:

If you are **UNABLE TO ATTEND**, please notify Leslie Damschroder by phone (530) 879-3861 or email ([ldamschroder@lilliput.org](mailto:ldamschroder@lilliput.org)) to cancel in order to allow space for other participants as space is limited.

### Accommodation for Disabilities:

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

### Grievances:

Grievance Policies and Procedures are available upon request: Please call or email at: (530) 879-3861 or [damschroder@lilliput.org](mailto:damschroder@lilliput.org).

