



# NEW RESPONSES TO CHALLENGING BEHAVIORS



**THURSDAY  
JUNE 24, 2021  
9am - 3pm**

A virtual presentation by  
**Holly van Gulden**

**FREE CEUs**  
available to  
LCSWs, LMFTs  
More information  
on back page

**Register at:**  
<https://tinyurl.com/zywn9zxt>

**Holly van Gulden** is an author, a national and international consultant and trainer, and an acclaimed expert on trauma and attachment.  
Please read more about Holly on the back page.

Questions? 530.598-3905

Many adoptive and foster parents, and those who work with children from difficult beginnings, struggle with being successful in using traditional behavioral techniques. Those challenging behaviors often persist, get worse, or come back quickly. What participants in this training will learn is that almost all of those challenging behaviors are normal or normal abnormalities at much younger ages. Frequently the normative age of the child's persistent challenging behavior is an age where the child had a loss, or a trauma, or needs that were not met. Even if not facing the behaviors mentioned, it is important to know how to discipline in ways that don't strain the parent/ child attachment.

These challenging behaviors represent deficits in Permanence and Constancy, two essential capacities that are the glue that hold the attachments. In this training, we will provide tools and techniques that will strengthen Permanence and Constancy, and techniques to respond in the moment to the challenging behaviors while helping the children learn healthy behaviors.

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# New Responses to Challenging Behaviors



**Holly van Gulden**

**Holly van Gulden** is an internationally acclaimed expert on trauma and attachment, focusing on helping parents and professionals who have trauma and loss in their history. She grew up in a large, interracial, international family. As a parent, she raised 3 children, one born to her and two who joined her family by adoption – both people of color.

Holly has worked with families and children in adoption and fostering for over three decades, specializing in attachment and trauma, with the emphasis on how to help parents form and maintain healthy attachments with their children.

She is the lead author of 4 books, all about helping children and adults touched by trauma, parental loss, and more, form healthy attachments and a healthy sense of self. These books are entitled:

- **And You Are Still You - Developing & Maintaining a Stable Sense of Self**
- **Learning the Dance of Attachment**
- **Real Parents, Real Children: Parenting the Adopted Child**

She is currently working on a new webinar and workbook on new responses to old behaviors with two colleagues.

## LEARNING OBJECTIVES

1. Gain a working knowledge of permanence and how weakness and permanence can be recognized from challenging behaviors
2. Gain a working knowledge of constancy and how weakness in constancy can be identified by certain behaviors
3. Identify the 4 daily practices to support the parent/child attachment
4. Learn how to respond to inappropriate behaviors in ways that strengthen the attachment rather than harm it
5. Explain how the “sandwich technique” strengthens the attachment while setting boundaries on inappropriate behaviors
6. Be able to explain and demonstrate use of “parts language”
7. Identify parts of yourself that are difficult to manage when faced with your child’s behaviors including opposition, rage, lying, or stealing
8. Describe what other parts of yourself you can find to use that would help to de-escalate the situation
9. Be able to describe the 2 core focuses of discipline

## 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 5.5 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 to participants.**

### Additional Information:

**This training is free of cost.**

Sign-in: 8:45am - 9:00am

Training: 9:00am - 3:00pm

**Pre-registration is required.**

Register at: <https://tinyurl.com/zywn9zxt>

### Cancellation Policy:

If you are UNABLE TO ATTEND, please notify Leslie Damschroder by phone at 530.826.6016 or email ([ldamschroder@wayfinderfamily.org](mailto:ldamschroder@wayfinderfamily.org)) to cancel in order to allow space for other participants as space is limited.

### Grievances:

Grievance Policies and Procedures are available upon request:

Please call or email at: 530.826.6016 or [ldamschroder@wayfinderfamily.org](mailto:ldamschroder@wayfinderfamily.org).

