

Nurturing Parenting Programs have been reviewed and awarded with high scores in the **National Registry of Evidence-based Programs and Practices**.

**Family Development Resources, Inc.**

**Family Nurturing Centers International**

Incorporated in 1983, Family Development Resources, Inc. (FDR) was established by **Dr. Stephen Bavolek**

**Sonya M. Thorn**, LCSW and PhD Leadership Candidate (OLLU School of Business)

Ms. Thorn is a Social Entrepreneur, Community Clinical Social Worker and she was an Adjunct Professor at Texas State University for 12 years. In her 12 years with Texas State University she garnered over two million dollars of external grant funds while she directed and managed two large projects (Casa Esperanza-University Service Learning lab and Upward Bound). Sonya is the Founder and Owner of Praxis with Integrity Consulting PLLC where she conducts training and consulting to professionals in the areas of no-profit leadership, reflective clinical supervision, infant and early childhood mental health, parent education, in-home family services, family and child assessment, Early Intervention, and many other program development, family strengthening and child welfare topics. Sonya is a member of Leadership San Marcos Class 2007, and in 1999 she was the recipient of the T. Berry Brazelton Infant Mental Health Special Recognition Award for Texas. She is a recognized National Trainer/Consultant for Family Development Resources Inc. where she trains nationally and internationally (Bermuda Department of Child and Family Services). Sonya comes with a wealth of experience working with community agencies, multiple university departments, and school districts on behalf of families and frontline staff. Sonya has a long history of training with Texas Early Childhood Intervention, PSTI, Kronkosky Foundation and San Antonio United Way. She is one of twenty-one Rockefeller Fellows working for the Barat Education Foundation, where she participates in national university speaking engagements through a diversity forum with open discussions on critical social divides such as race, class, gender, social inequality and injustices. Sonya's biggest accomplishments are her two sons, Alec and Aaron.

For information on upcoming Workshops in the Nurturing Parenting Programs®, visit the Training Calendar on our website at [www.nurturingparenting.com](http://www.nurturingparenting.com).

**Sonya M. Thorn**  
**9400 Sydney Marilyn Lane**  
**Austin, Texas 78748**

# Nurturing Programs®

## Facilitation Training

FOR PROFESSIONALS WORKING WITH  
INDIVIDUALS AND FAMILIES THROUGH  
GROUP, HOME-BASED AND  
INDIVIDUAL SERVICES

ATTEND TRAINING WITH  
**Sonya M. Thorn, LCSW**  
National Trainer/Consultant  
(512) 757-0087



**Dates:** January 24<sup>th</sup>, 25<sup>th</sup>, and 26<sup>th</sup>, 2018  
9:00 am to 4:00 pm

**Location:** Holiday Inn Austin Airport  
6711 East Ben White Blvd.  
Austin, Texas 78744  
Emily Astor: (512) 385-8400

**Cost:** \$350.00 (includes training materials)

**Local Contact:** Sonya Thorn, (512) 757-0087  
or [sonyam.thorn@gmail.com](mailto:sonyam.thorn@gmail.com)

**Sponsored by Family Nurturing Center of Texas**

Training will begin at 9:00 a.m. every morning and  
end at 4:00 p.m. every afternoon.

Agenda and curriculum will be available at the training.

Morning and afternoon breaks will be provided.  
Lunch is on your own.

Hotel reservations and meals are the responsibility of the  
participant.

## The Nurturing Parenting Programs®

The Nurturing Parenting Programs are family-based programs with a proven track record of preventing the recurrence of child abuse and neglect.

Four levels of Nurturing Programs address the specific needs of different populations:

### **PRIMARY**

**Prevention-Education** Programs are designed to empower individuals and families with new knowledge, beliefs, strategies and skills to make good and healthy lifestyle choices.

### **SECONDARY**

**Prevention-Intervention** Programs are designed for at-risk youth, teen parents, and families experiencing mild to moderate levels of individual and family dysfunction.

### **TERTIARY**

**Prevention-Treatment** Programs are designed for families referred for parenting education by Social Services/Mental Health for child abuse and neglect and/or family dysfunction.

**COMPREHENSIVE** Programs are designed for agencies to offer long term, more comprehensive parenting education.

### **Adult-Adolescent Parenting Inventory (AAPI-2)**

The AAPI-2 has proven invaluable in assessing the parenting attitudes and child-rearing beliefs of parents and adolescents. Founded on five parenting constructs known to lead to abusive parenting, The AAPI provide scores that profile parents at risk for abusing and neglecting children. Forms available in English and Spanish. Now available on a CD ROM. For more information, visit [www.aapionline.com](http://www.aapionline.com).

### **Who Can Benefit**

Professionals and para-professionals working in education, childcare, mental health, violence prevention, child welfare, school systems, treatment facilities, social work, and social services.

The Nurturing Program and the philosophy behind the program have successfully been utilized by:

- Home-based Service Providers
- Youth Residential Centers
- School Districts
- Mental Health Treatment Centers
- Therapist and Counselors
- Infant and Early Childhood Mental Health
- Drug and Alcohol Treatment Centers
- Child Protective Services and Foster Parents
- Day Care Facilities
- Early Head Start/Head Start (EI & ECI)

## REGISTRATION FORM

**Return this form along with registration fee payable to:**

PRAXIS WITH INTEGRITY CONSULTING  
Sonya M. Thorn, LCSW  
9400 Sydney Marilyn Lane  
Austin Texas 78748  
Phone: (512) 757-0087  
Fax: (512) 428- 5700  
E-mail: [sonyam.thorn@gmail.com](mailto:sonyam.thorn@gmail.com)

### **Registration Deadline:**

**January 19<sup>th</sup>, 2018**

Participant's Name:

**(How you want it to appear on Training Certificate)**

\_\_\_\_\_

Agency Name

\_\_\_\_\_

Address

\_\_\_\_\_

City, State, Zip

\_\_\_\_\_

Phone

E-mail

\_\_\_\_\_

Target Population You Serve

**REGISTER AND PAY ON LINE:**

\_\_\_ Pay on line for \$350.00 for 3 days

[www.texasnurturingcenter.org](http://www.texasnurturingcenter.org)

Social Work, LPC, AND MFT CEU's Offered for three days.  
Registration is available to the first few participants, and will be confirmed via e-mail.

## Philosophy of the Nurturing Program

The philosophy of the Nurturing Program emphasizes the importance of raising children in a warm, trusting and caring environment. It is founded on the belief that children who are cared for develop the capacity to trust, care and respect themselves, others, living creatures and their environment. This philosophy is founded on 7 principles:

1. **Feelings of attachment.** Attachment is a bond between a parent and their child that conveys deep unconditional love. Children who feel loved unconditionally, children exhibit positive communication, trust and respect naturally.
2. **Empathy.** Empathy is the ability of parents to put themselves in the place of their children in an attempt to feel, think and understand what their child is feeling, thinking and understanding, and respond to the child in a loving and respectful way.
3. **Nurturing Oneself.** Taking time to get one's own needs met, as an adult, forms the foundation of understanding and helping a child get their needs met.
4. **Gentle Touch.** Research has shown that children who experience warm and gentle touch in the form of hugs, pats, and massages develop and maintain healthy relationships throughout their life, as well as a healthy and positive sense of self.
5. **Discipline.** Setting limits through family rules, teaching right from wrong through family morals, and teaching respect and worth through family values are all part of a nurturing family. Discipline develops best by children modeling their parent's examples.
6. **Expressing Feelings.** Helping children learn appropriate ways to manage and express their feelings is a fundamental characteristic of a nurturing family.
7. **Expectations and Self Worth.** Knowing what to expect of children as they develop plays a significant role in the child's self-worth. Children learn that they are competent people, capable of pleasing others important in their lives when the adults in their life have appropriate expectations.

**Day 1:** Philosophy of the Nurturing Program; Values; Structure; Constructs; Validation; Discipline, Rewards and Punishment; Empowering Parents and Children.

**Day 2:** Developing Empathy; Self-Awareness; Recognizing, Understanding and Communicating Feelings; Structure and Guidelines; Humor, Laughter and Fun.

**Day 3:** Program Implementation; Getting familiar with the Curriculum; Practice Sessions; Best Practices; Monkey Wrenches and Difficult Sessions. Special emphasis on facilitating groups and clinical services.