

Nurturing 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, established by Dr. Stephen Bavolek

Natalie Beck, DSW, LCSW

Dr. Beck is a Licensed Clinical Social Worker and Supervisor. She received her Bachelor's degree in Biology from Southwestern University, Master's degree in Social Work from The University of Texas, and Doctorate degree in Social Work from The University of Tennessee. Ms. Beck has been facilitating the Nurturing Program with adolescents and their families for more than 8 years. She has participated in program and curriculum development with the Nurturing Program and her doctoral research explored its effectiveness with the adolescent population.

For information on upcoming workshops in the Nurturing Programs®, visit the training calendar on our website at www.nurturingparenting.com.

Nurturing Programs® Facilitation Training

For professionals working with individuals and families in group, individual, and home-based settings

Presented by:
Natalie Beck, DSW, LCSW
National Trainer/Consultant
(512) 785-1180



Dates: July 18th, 19th, and 20th, 2018
9:00 am to 4:00 pm
Location: Holiday Inn Austin Airport
6711 East Ben White Blvd.
Austin Texas, 78744
512-385-8400
Cost: \$350 (includes training materials)
Contact: Natalie Beck
natalie.beck.lcsw@gmail.com

***Coordinated through
The Family Nurturing Center of Texas***

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

Hotel reservations and are the responsibility of the participant. Request "Family Nurturing Center Block" when reserving hotel rooms.

The Nurturing Programs®

The Nurturing 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 by Social Services or other high-needs families for child abuse and neglect and/or family dysfunction.

Comprehensive

Programs are designed for agencies to offer long term, more comprehensive services.

Adult-Adolescent Parenting Inventory (AAPI-2)

The AAPI-2 has proven invaluable in assessing attitudes and beliefs of parents and adolescents. Founded on five parenting constructs known to lead to abusive parenting, the AAPI provides scores that profile parents at risk for abusing and neglecting children. Forms are available in English and Spanish. For more information, please visit www.aapionline.com.

Who Can Benefit

Professionals and paraprofessionals working in education, mental health, juvenile probation, 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
- Drug and alcohol treatment centers
- Child Protective Services and foster parents
- Juvenile probation

Registration Form

Please return this form along with registration fee payable to:

Family Nurturing Center of Texas
5712 Trelawney Lane
Austin Texas 78739
Phone: (512) 757-0087
Fax: (512) 428-5700
E-mail: sonyam.thorn@gmail.com

Registration deadline:

July 9^h, 2018

Participant's name:
(As you want it to appear on training certificate)

Agency Name

Address

City, State, Zip

Phone

E-mail

Target population you serve

Register and pay online:

___ Pay online \$350 for 3 days

www.texasnurturingcenter.org

Social Work, LPC, and LMFT CEUs are offered for three days of training. Registration is available to the first paid 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, 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 shows 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 who are important in their lives when the adults in their lives have appropriate expectations.

Day 1: Program introduction; training goals; characteristics, philosophy, and principals of program; constructs and values; building self-awareness

Day 2: Program core values; sample lesson; lesson structure; philosophy of behavior change; nurturing and discipline

Day 3: Assessment; successful implementation; the ACE study and protective factors; curriculum; on-going support; application