

Helping Parents Find Their Way: A Focus on Challenges and Trauma

Presented by Ruth Ettenberg Freeman, LCSW

Hosted by The John J. Allison Jr. CREC Polaris Center
Outpatient Mental Health Clinic For Children and Families

Wednesday
Feb. 8, 2012
2~5 pm

**Ideal workshop
for:**

**Clinicians
Therapists
Social Workers**

Seats are limited...

REGISTER today@
www.crec.org/events.php

\$30 for CREC employees
\$40 for non-CREC employees

Registration Deadline:
2/1/2012

John J. Allison Jr.
CREC Polaris Center
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**For more information
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bcotoia@crec.org

The purpose of this three-hour workshop is to provide clinicians, therapists, and social workers with the skills and tools to assess and help solve parenting challenges of children aged 2-12. The presenter will use a didactic presentation, involving lecture and audience participation.

Participants will be able to:

- Analyze parent descriptions of parent-child challenges in order to identify key issues to be addressed.
- Define child self-worth in ways that parents can understand and apply to parent-child relationship building.
- Identify and apply effective behavior management practices as developed by the Yale Parenting Center and Child Conduct Clinic.
- Identify and apply parent-child communication skills that strengthen the parent-child connection and children's emotional intelligence.
- Define trauma and identify a framework that can be applied to helping parents to solve parent-child challenges.
- Define and identify secondary trauma as it applies to the role of social workers.
- Apply self-care skills in order to diminish effects of secondary trauma.

About the Presenter

Ruth Ettenberg Freeman, LCSW has taught Positive Parenting skills over the past 25 years to thousands of parents from all walks of life. She is a founding member of the CT Parenting Education Network. In collaboration with a team from the University of Connecticut, she has co-authored "Building Family Futures" a comprehensive training for parenting educators. Ruth works with over 300 parents each year in workshops, classes and private consultations. She is a licensed clinical social worker with a private practice in Storrs, CT. With honesty, humor, and compassion Ruth shares her insightful knowledge of parenting as well as her real life blunders, challenges and successes as a biological parent, step parent, foster parent, and grandparent. For more information, please find her webpage at www.PositiveParentingCT.com.

About the Polaris Center

The John J. Allison Jr. CREC Polaris Center has been proudly serving children and adolescents with learning disabilities and emotional, behavioral and/or psychiatric problems since 1976. The present day Polaris Center has evolved into a comprehensive treatment center offering a myriad of Educational Programs, Summer Programs, an Adventure Therapy Course and an Outpatient Mental Health Clinic for Children and Families.

The Polaris Outpatient Mental Health Clinic has a highly skilled team of Social Workers, Marriage and Family Therapists, and Licensed Drug and Alcohol Counselors who offer individual, marital, family and group therapy to children through adults. In addition, the OPMHC offers medication management through a team of on site psychiatrists from St. Francis Hospital and the University of Connecticut Health Center. Recognizing the multi-faceted challenges facing today's youth, the Polaris Center, with unique community collaborations, works to promote learning, growth, and success with the goal of helping individuals meet their full potential.