

A Way of Being with Children

A Trauma-Informed Approach to Building Resilience



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A Way of Being with Children: A Trauma-Informed Approach to Building Resilience is based on Center for Child Counseling's manual, reflecting over twenty years of experience working with children, combining the science of brain development, child development, and actual practice to enhance positive child-caregiver relationships and resilience. It is the foundation of our work and the cornerstone philosophy of our approach.

Training reinforces education on ages and stages of development and increases participants' skills and knowledge of how to respond and engage with children to improve mental health, wellness, learning, and resilience. The goal of *A Way of Being with Children* is building the capacity of caregivers, including teachers, parents, childcare staff, foster parents, relative caregivers, and other adults who are working or living with children.

Topics covered include...

- Attitude
- Acceptance of the Child
- Power of the Teacher
- The Changing Child
- General Development
- Brain (Neurosequential) Development
- Brain Gender Differences
- Sensory Integration
- Resiliency
- The Power of Play
- Developmental Skills
- Reflective Listening
- How to Create Good Reflections
- The Use of Encouragement
- Setting Limits
- Empowering the Relationship with Choices
- Entering the Child's World
- Adverse Childhood Experiences
- Adverse Community Environments
- Using a Racial Equity Lens....and much more!

The core goals underlying *A Way of Being with Children* include ensuring that teachers, parents, and caregivers:

- **Understand the Impact of Adversity and Trauma:** Caregivers share a common understanding of the impact of ACEs and trauma on children.
- **Believe that healing happens in relationships:** Creating shared belief that establishing safe, authentic, and positive relationships can be corrective, buffer the impact of adversity, and are resilience building for everyone. This principle encompasses relationships among and between children and families.
- **Ensure emotional and physical safety:** Commitment to establishing a safe physical and emotional environment where basic needs are met; safety measures are in place; and caregiver responses are consistent, predictable, and respectful.
- **Support choice, control, and empowerment for children:** Schools, childcare centers, organizations, or caregivers operate in a way that supports choice, control, and empowerment for children.
- **Strive for cultural competence:** By acknowledging and respecting diversity; considering the relationship between culture, traumatic experiences, safety, healing, and resilience; and using approaches that align with the cultural and linguistic backgrounds of children, families, and the broader community.

Adults can self-direct their own learning.

- The manual is easily divided by content area to enable learners to flip to subjects of interest. The manual builds upon concepts, however it is organized in a way that content and learning objectives can be easily located.
- Online training content can be accessed on-demand, 24/7 for one month with the learner determining their own pace and ability to stop and start modules.

Adults have opportunities for critical reflection when learning new information.

- The manual includes notes sections to encourage reflection and input as well as guided questions to encourage a focus on the intended competencies and new content.
- The online training content provides in-depth, guided reflection and visual application of competencies in “real world” settings.

Adults can access their own experiences when learning something new. Additionally, adults will have new experiences for learning to “stick.”

- The included manual reflections ask the learner to recall personal experiences and/or observed experiences.
- The on-line training and support features will introduce and demonstrate new ways of interacting and navigating the competencies.

Adults connect with a purpose for learning. There is an achievable goal or outcome, to motivate adult learners since many adults do not learn just for the sake of learning.

- The manual helps to frame the importance of learning the new skills in the manual based on the caregiver’s role and common challenges caregivers experience with children.
- The online training supports caregivers to visually see a way to improve their environment, routines, and/or interactions resulting in improved quality and satisfaction with interpersonal child relationships.

Training Options

Center for Child Counseling offers various options for education, training, and reinforcement of applied skill building:

- **A Way of Being with Children Manual:** Developed by Center for Child Counseling, *A Way of Being with Children: A Trauma-Informed Approach to Building Resilience* is an 86-page educational guide for teachers, caregivers, and parents of children. The manual and associated training is research-based, using best practices with skill-based applications developed from research and 20 years of practice with children.
- **On-Line Training:** “Training on Demand” with convenient online access 24/7 to the 5.5 hour *A Way of Being with Children* online training.
- **Applied Skill Building:** Live sessions with expert, trained therapists to reinforce learning objectives and competencies with breakout groups, problem solving techniques, and caregiver specific support.

Center for Child Counseling can customize your learning experience. Examples of ways childcare centers, schools, and other organizations or groups can engage in the training include:

- **Option 1:** Enrolled group receive a copy of the manual for each learner, access to the online training for one month, and follow-up live consultation focused on integration of skills into practice.
- **Option 2:** Enrolled group receive a copy of the manual for each learner, live training (Zoom or in-person) facilitated by Center for Child Counseling staff, with follow-up, live consultation focused on integration of skills into practice.
- **Option 3:** Enrolled group receive a copy of the manual for each learner and 24/7 on-demand access to the online training for one month.
- **Option 4:** Enrolled group receive a copy of the manual for each learner and live training (Zoom on in-person) facilitated by Center for Child Counseling staff.

Contact Us to Customize Your Learning Experience!

Please contact Dominika Nolan, MS, LMHC, RPT, NCC, CCMHC Director, Education and Prevention Services: dominika@centerforchildcounseling.org.

The Center for Child Counseling is approved through the Florida Board of Licensed Clinical Social Workers, Licensed Marriage & Family Therapists, and Licensed Mental Health Providers #50-11511.