

## **D6**

### **PARENTING TECHNIQUES FOR MIDDLE TO HIGH SCHOOL AGE CHILDREN WHO HAVE EXPERIENCED LOSS, TRAUMA, AND DEVELOPMENTAL DELAYS**

Parenting is already one of the most difficult jobs out there; add loss, trauma, and/or developmental delays to the mix, and parenting becomes an even bigger challenge! Emily will explore why normal parenting strategies often do not work with middle to high school age children who have experienced these issues and will offer a better understanding of how to parent a child using supportive and realistic techniques. Since trauma affects individuals emotionally, physically, and even developmentally, Emily will explain what is happening “behind the scenes” in a child when certain behaviors occur, including defining what triggers are and how activated trauma can cause a child to react and/or shut down. Participants will leave this training knowing several therapeutic parenting techniques that can help build trust in the parent-child relationship. ***(Also approved for social worker CEUs.)***



***Trainer: Emily Childress, MA, LMFT***

Emily is a licensed Marital and Family Therapist who works with children, adolescence, adults, and families. She has special interest in treating anxiety, grief/loss, phobias, and issues pertaining to trauma including posttraumatic stress disorder (PTSD) and dissociative disorders. She is trained in Eye Movement Desensitization and Reprocessing (EMDR), which is an effective therapy for treating PTSD.

Emily utilizes EMDR with children and adults to assist them in processing difficult memories so that they can discover how to feel safe, secure, and develop a stronger sense of self-worth.