This Institute is a six-workshop series which focuses on supporting early childhood mental health practitioners in understanding the social, emotional, and behavioral health needs of young children and their families. Participants will strengthen clinical skills, including reflective capacity, cultural responsiveness, and genuine curiosity. Additionally, this series will prepare practitioners to utilize attachment-based, and relationship-focused interventions to increase protective factors against early childhood adversity.

SIX-WORKSHOP SERIES
HELD MONTHLY ON FRIDAYS, 9:00-3:30
850 PALMETTO AVENUE, CHICO

www.centerforlearningandresilience.org
INTRODUCTION TO INFANT EARLY CHILDHOOD MENTAL HEALTH

Workshop 1: Friday, March 13, 9:00-3:30
Participants will learn the principles of quality Infant-Family and Early Childhood Mental Health (IFECMH) practice. Key concepts such as primary attachment relationships, risk/resiliency factors, maternal mental health and biopsychosocial factors will be reviewed. The research, theory and history behind IFECMH will be examined. Participants will learn the value of emotional and relational connections. This knowledge is essential to providing intervention, support, and care for young children and families. Developmentally appropriate, evidence-based and best practice approaches to serving young children and families will be explored. Participants will discover the importance of reflective capacity, genuine empathy, and cultural humility in the practice of infant-family and early childhood mental health.

IMPACT OF ATTACHMENT DISRUPTION AND TRAUMA ON BEHAVIOR, BRAIN DEVELOPMENT, AND MENTAL HEALTH

Workshop 2: Friday, April 3, 9:00-3:30
Participants will review the role trauma, attachment disruption and stress play on health, wellness, and learning outcomes. Participants will learn the global impact of developmental trauma, early childhood adversity and prolonged, unaddressed stress. Additionally, this workshop will describe symptoms and behaviors common to traumatized children and will offer strategies to address these concerns. Lastly, this workshop will cover the importance of healthy attachment relationships, co-regulation and joint/mutual engagement.

PLAYFULLY BUILDING CONNECTIONS: ATTACHMENT-FOCUSED PLAY INTERVENTIONS

Workshop 3: Friday, May 1, 9:00-3:30
This workshop will explore the importance of attachment-focused play as a therapeutic modality for the treatment of young children and families. Participants will explore the impact of intergenerational attachment on the parent-child dyad. Participants will learn the value of play to build and repair attachment relationships, promote attachment capacity, and emphasize co-regulation. This workshop will focus on relationship-based interventions to meet the attachment and developmental needs of young children and families.

RISK AND RESILIENCY: BIOPSYCHOSOCIAL FACTORS AND INTERVENTION

Workshop 4: Friday, September 4, 9:00-3:30
This workshop will explore the importance of attachment-focused play as a therapeutic modality for the treatment of young children and families. Participants will explore the impact of intergenerational attachment on the parent-child dyad. Participants will learn the value of play to build and repair attachment relationships, promote attachment capacity, and emphasize co-regulation. This workshop will focus on relationship-based interventions to meet the attachment and developmental needs of young children and families.

EVIDENCE-BASED PRACTICES FOR SCREENING, OBSERVATION, ASSESSMENT AND INTERVENTION

Workshop 5: Friday, October 2, 9:00-3:30
This workshop focuses on utilizing observation, screening and assessment to determine necessary treatment components and implementation of evidence-based practices to meet the developmental needs of young children and families. Participants will develop an understanding of the therapeutic approaches for prevention and intervention. Participants will learn developmental guidance and developmentally appropriate strategies for common problems in early childhood (tantrums, sleeping, eating, crying, regulation). Additionally, this workshop will review how to use observation, screening and assessment to determine necessary components for the individual infant, young child, and family. Lastly, participants will review the use of components of assessment including observations, interviews, standardized and non-standardized tests, and other professional reports, as appropriate, to provide multidimensional assessment.

PLAYFULLY ENHANCING RESILIENCE: SUPPORTING SOCIAL-EMOTIONAL DEVELOPMENT AND SELF-REGULATION

Workshop 6: Friday, November 6, 9:00-3:30
This workshop will explore child-centered play and attachment-focused play interventions to promote social-emotional development and self-regulation. Participants will learn the importance of co-regulation on emotional development and resilience. Additionally, participants will learn to utilize play in observation, screening and assessment to meet the emotional needs of young children and families. Lastly, this workshop will review play therapy as a modality to mediate chronic stress, community and developmental trauma on brain development and social-emotional regulation.
FUTURE PROFESSIONAL GROWTH OPPORTUNITY

REFLECTIVE SUPERVISION

Reflective practice is an essential component of Infant-Family and Early Childhood Mental Health (IFECHMH) and, for many years, has been known to benefit individuals and organizations in many disciplines. This 2-day reflective practice workshop will explore knowledge and skills necessary to provide reflective practice facilitation. Attendees will learn about the tenets and practices of capable reflection as well as the creation and maintenance of the reflective space. Additionally, there will be the opportunity to participate in listening, observation and responsive skills that comprise the reflective experience and to discuss ethical considerations that may arise when engaging in reflective practice. Lastly, the class is designed to build skills in facilitating the exploration of parallel process and respectfully addressing the complex emotional nature of IFECHMH practice.

BUTTE COUNTY NETWORK OF EXPERTISE - ROUND TABLE

This Round Table is specifically designed for the Institute participants after Workshop 5. Once participants learn about evidence-based assessment and observation, they will have the opportunity to learn about expertise in the county where your clients might be referred. A half-day meeting with local expertise (including lunch) will be facilitated to learn about what services are currently available as well as the approach and steps to the referral process. It is an opportunity to better your practice by identifying a network of expertise for young children and their families.

PLAY IS SERIOUS BUSINESS:
USING PLAY THERAPY FOR ASSESSMENT, TREATMENT AND CASE PLANNING

This workshop is designed to explore the intricacies of child and family-focused clinical documentation. Paperwork is a critical aspect of service delivery and can create anxiety in a practitioner. This course will prepare the attendee to ethically document play, attachment-focused and infant-family therapy services from assessment to discharge. Additionally, this workshop will explore the importance of documenting medical necessity, progress and barriers to treatment.

More information to follow... Institute participants will have priority registration!

MEET THE INSTITUTE’S ACCOMPLISHED FACILITATOR

The Mental Health Institute will be offered by Julie Torok-Mangasarian, a licensed marriage and family therapist and the Clinical Director of the California Psychological Institute in Fresno. She is a registered play therapist, infant mental health specialist, reflective practice mentor and certified educator of infant massage. She specializes in the use of play to treat complex and developmental trauma in young children.
LOGISTICS

DATES
Friday, March 13, 2020
Friday, April 3, 2020
Friday, May 1, 2020
Friday, September 4, 2020
Friday, October 2, 2020
Friday, November 6, 2020

TIME
9:00 AM - 3:30 PM
Check in at 8:30 AM

LOCATION
850 Palmetto Avenue, Chico

HOSPITALITY
Light morning snack
Lunch served

COST
Free as pilot
$750 Value
• Workshops
• Lunches
• Round Table Event
• Reflective Practice Facilitation
• Therapeutic Tool Gift

$750 VALUE

NEXT STEP?
To be considered as a participant of the Institute, complete the short application at this link by February 21st. Eighteen qualified applicants will be selected to pilot the institute for free.

tinyurl.com/t9yduyr
By February 21st

CLINICAL INSTITUTE FORMAT

The Institute is a pilot training series to establish innovative professional development for clinicians wanting to provide quality counseling for young children. Your participation is a comprehensive commitment to the following components:

1. SIX-WORKSHOP SERIES
   1. Introduction to Infant Early Childhood Mental Health
   2. Impact of Attachment Disruption and Trauma on Behavior, Brain Development and Mental Health
   3. Playfully Building Connections: Attachment-Focused Play Interventions
   4. Risk and Resiliency: Biopsychosocial Factors and Intervention
   5. Evidence Based Practices for Screening, Observation, Assessment and Intervention
   6. Play Therapy: Supporting Social-Emotional Development and Self-Regulation

2. A DEEPER DIVE
   For those who enjoy a deep dive into literature and research, materials will be provided prior to each class to support learning.

3. REFLECTION
   Small-group facilitated reflective practice will be part of the learning experience each month. The pilot study will evaluate three environments for this practice. Participants must participate in all three during the series and provide feedback on each learning model.
   - Extended Day: 1.5 hours at the end of the workshop
   - Mid-Month Meet Up: Meet in person, locally, mid-month
   - Remote Connection: Meet via Zoom or Skype

4. EVALUATE
   Each participant will evaluate the workshop content, approach, and learning as part of the free pilot in order for the training to be refined for future institutes.

5. BUILD YOUR PLAY THERAPY PRACTICE
   After completing pilot requirements, participants may choose a therapeutic tool:
   - Sand tray and figures
   - Dollhouse and figures
   - Puppet show and puppet
   - Loaded travel therapy bag

$750 Value
A NEW MEANINGFUL INVESTMENT IN YOUNG CHILDREN

In 2018, a group of Butte County leaders assembled to rethink the way young children were being supported during their early developmental years, particularly children who had been exposed to acute trauma or chronic stressors. The result was the design of a multi-service, training, and research facility... The Center for Learning & Resilience.

One of the primary goals of The Center was to offer high-quality training for mental health professionals so that more young children could receive the counseling and support they need. A small Mental Health Ad Hoc Committee was formed and began to design such an institute. Then, Butte County Department of Behavioral Health supported The Center in acquiring grant funds to pay for it. And while The Center Facility is still under construction, the Committee decided not to wait to bring this much needed training to the county.

The Institute is being piloted for free so that it can be honed based on what you think supported your learning experience. Thank you for joining us!

CLINICIANS TOOLS OF THE TRADE

It is the Institute’s intention to provide quality instruction, reflection, and tools to clinicians devoted to caring for the emotional well-being of young children. Therefore, not only is the Institute being offered free during the pilot, but therapeutic supplies ($150+ value) will be provided at the completion of the training series with 100% participation in classes, reflective practice, and evaluation. The mini-application asks for clinicians to select the item they would most like to add to their practice.

Continuing Education Units
These workshops are co-sponsored by Julie Torok-Mangasarian and the Center for Learning and Resilience. Attendance to each workshop meets the qualifications for 5.5 hours of continuing education credit for LMFT’s, LCSW’s, LPCC’s and/or LEP’s as required by the California Board of Behavioral Sciences. Prov. #76629. Certificate of Completion will be handing out at time of sign out. You must be present for the entire training and sign-in and out on the registration sheet, in order to receive your CEU certificate. If you have questions regarding CE management, please contact Julie Torok-Mangasarian at 559-580-7676 or julie@meraki-minded.com.

Cancelations/Grievances/ADA:
Facilities and programs are accessible to persons with disabilities. If you have a special need and plan to attend the workshop, allow as much advance notice as is possible to ensure we have ample opportunity to meet your needs. If you have questions, please contact Lauren Fickel at lfickel@bcoe.org.