



Nurtured Heart Approach Training for Parents

Please join NHA Certified Trainers Paige Shehan and Mary Ellen West for a 3-session training covering implementation of the Nurtured Heart Approach. ® A restorative approach initially developed for working with behaviorally, socially and academically challenged children, NHA has a dramatic and proven impact on all children. Parents, caregivers, educators and therapists are able to utilize this simple and effective framework to increase self-esteem and self-reliance in children. NHA helps us to identify and set clear boundaries while recognizing and energizing positive behaviors, values and characteristics.

Participants will have the opportunity to work with trainers who specialize in academic and home implementation of the approach.

Session Dates/Times:

9:10 – 10:55 am Sunday November 4
9:10 – 10:55 am Sunday, November 11
6:30 -8:30 pm Wednesday, November 14

Cost: \$135 per individual participant / \$190 per parenting couple

Recommended Text: Transforming the Intense Child Workbook by Howard Glasser
(link: <https://amzn.to/2D1qj4I>)

Location: The first two sessions are at the ECP and the third session is at Temple Beth Shalom

Registration: <https://bethshalomaustin.wufoo.com/forms/m1sbcrm70hy4low/>

For more information about the Nurtured Heart Approach, please visit the Children's Success Foundation at www.childrensuccessfoundation.org. If you have any questions, don't hesitate to email Mary Ellen West directly at maryellen@westfamilytherapy.com or call 512.201.2995

Hope to see you there!

About the Trainers

Paige Shehan is a NHA Certified Trainer. She utilizes the Nurtured Heart Approach in her 5th Grade classroom at St. Francis School in Austin, TX, where she has been teaching since 2003.

Mary Ellen West, LCSW is NHA Advanced Trainer, and has been a licensed social worker since 2005. She has a private psychotherapy practice in Austin, TX specializing in children and adolescents.