

Outline

Engaging Parents and Caregivers – the Goal

Empower them, inform them, create sustainable change  
Guide parents to be good assessors and solution finders  
Use themselves to support their child - be the best tool (external resource)  
Developing resilience and healing happens in the context of relationships

Therapist Role in Parent and Caregiver Buy-in and Engagement

Therapist as “influencer” / influencing with integrity  
Teaching parents to know their “why” and intention for the work  
Get parent buy-in to leverage own self-awareness of creating dynamics  
Strategies for teaching parents to be coachable (willing to learn, listen and lead)

Tools for Parental and Caregiver Obstacles

Misconceptions about role and power they have in child’s outcomes  
Disempowered to empowered  
Chaotic and unclear to confident and calm  
Building confidence at every developmental stage  
Parents facing their own challenges – Can’t go somewhere with their child they haven’t gone themselves  
What to do when parents think they are always right  
Considering culture and personal family dynamics

Strategies for Structuring the Session and Conversations

Setting intentions  
Addressing everyone  
Being straightforward and clear  
Containing everyone’s needs/intentions  
Take-aways and wrap-up  
Homework to focus on

Objectives

1. Evaluate how therapist’s own self-awareness can be used to support parent and caregiver engagement and understanding of their contribution to child outcomes.
2. Analyze trauma from a developmental, psychological, and physiological perspective to understand children’s emotional and developmental needs.
3. Construct effective plans to respond to resistance and challenges when supporting parents and caregivers and children in therapy.
4. Demonstrate how involving parents and caregivers in child therapy will improve child’s treatment goals by engaging parents and caregivers in being models of the kinds of outcomes they want to see (regulating their own nervous systems, teaching them how to speak to their children so they will listen, etc.).
5. Integrate coregulation techniques such as yoga-based exercises/breathing and emotion regulation exercises, to promote more effective parent/caregiver-child interactions.
6. Demonstrate competency in utilizing role play techniques to self-regulate prior to and in sessions with parents.

Tips for Getting the Most Out of Sessions with Parents and Caregivers

Preparing yourself/nervous system  
Developing own self-awareness and removing blind spots  
What triggers you about parents – Hostile, negative, all-knowing, uncoachable, anxious, negative, and more  
Two nervous systems dancing - exercises to do with therapists  
Using your feelings as information  
Letting go of expectations  
Empowering the involved parent to carry forward and self-lead

The Limits of a Parents and Caregiver Influence

Unpacking ways in which parents have influence and ways they don’t  
How parents support the therapy process with their children

How To’s for Addressing Difficult Family Dynamics

Co-parenting  
When parents remarry-involving new partners in the work

Approaches to Share with Parents and Caregivers

How to effectively ask for help and build a support network  
Coregulation exercises  
Foster interoception and mindfulness

Coregulation Strategies

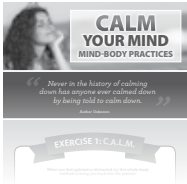
Kids inner resources to support themselves  
Breath, body, and mind  
Parents as child’s resource:  
Staying regulated  
Giving child space for big emotions

The REAL Method

The 4 questions you can ask yourself and share with parents that will change their way of being with their kids and help make the best decisions for their child and family

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# Mastering the Art of Parent Engagement

Empower Parents to Be the Change Agent in Their Child's Treatment

As therapists, parents are one of our biggest blindspots.

We feel like we have limited time and options for collaborating and working with them.

And honestly for most of us, it just wasn't something we were taught.

But families are systems. One's in which parents don't know what to do or what to say...often taking things from bad to worse.

So if you're not working with the entire system in which your young clients live, every bit of progress you make in individual sessions will soon fall away.

As an internationally recognized therapist known as "The Parent Whisperer" I've spent my career mastering the art of engaging difficult to reach parents.

Now in this must-have one day training I'll share the tools, strategies and how-to approaches you need to go beyond individual therapy and confidently integrate parents into treatment so kids and their families can live with more joy, greater ease, and lasting peace.

In just one day, you discover how you can:

- Develop self-leadership skills for both parent and child
- Achieve the goal to help parents see more clearly
- Remove yourself from the tornado - lead them from chaos to clarity
- Stay out of the drama - not your job to fix it
- Support self-sufficiency - or you'll burn out
- Help parents come up with the answers - empower them
- Bring certainty, clarity, and groundedness to parents

Join me for this transformational one-day event to empower parents to be the change agents in their children's lives!

Register today!

Target Audience:

Psychologists • Counselors • Social Workers  
Marriage and Family Therapists • Educators  
Occupational Therapists  
Occupational Therapy Assistants

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## Meet Your Speaker

**Victoria Grinman, PhD, LCSW**, is the founder of Permission Slip Parenting™ a groundbreaking approach to guiding parents in connecting to a more fulfilled parenthood journey that supports their joy, confidence and sustained connection and growth with themselves and their child throughout their lifetime. She is an expert in the experience of posttraumatic growth, the parenthood experience, Autism, and relationships.

Dr. Grinman earned her PhD at Adelphi University and master of social work at Columbia University. She served as a contributing lecturer at Columbia University, Boston College and Adelphi University, and speaks nationally to professionals dedicated to the healthcare arena. Victoria is a trauma-informed and trained yoga and mindfulness instructor, a certified aromatherapist and a dedicated long-time clinician volunteer for Experience Camps, a free one-week grief camp experience for children who have lost a significant person in their life. She nurtures Growing Kind Minds LLC, a private therapy and coaching practice and lives with her sassy yorkie, Vanna Goh Goh, named after Vincent van Gogh. She resides in New York City.

Speaker Disclosure:  
Financial: Dr. Victoria Grinman maintains a private practice. She is a consultant and speaker for New York Therapy Placement Services. She receives a speaking honorarium and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.  
Non-financial: Dr. Victoria Grinman is a member of the National Association of Social Workers (NASW), the New York State Society for Clinical Social Work (NYSSCSW) and Changing Our Consciousness. She is an affiliate of New York Cares.



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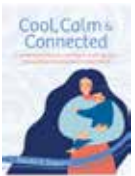
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## Recommended Reading:



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**Parenting Toolbox**  
125 Activities Therapists Use to Reduce Meltdowns, Increase Positive Behaviors & Manage Emotions  
Lisa Weed Phifer, DED, NCSP, Jennifer Hunt Roden, MED, CAGS and Laura Sibbald, MA, CCC-SLP  
~~\$19.99~~ **\$14.99\***



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**Cool, Calm & Connected**  
A Workbook for Parents and Children to Co-regulate, Manage Big Emotions & Build Stronger Bonds  
Martha Straus, Ph.D.  
~~\$24.99~~ **\$19.99\***

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