

PARENTING WITH PRESENCE WINTER 2017



Parenting with Presence Class Winter 2017

Presented by Maribeth Nelson MA LPC

This series of classes will be a book study of

Dr. Dan Siegel's

"Parenting From the Inside Out".

"How many parents have found themselves thinking: "I can't believe I just said to my child the very thing my parents used to say to me!

Am I just destined to repeat the mistakes of my parents?"

In this class we will investigate how our childhood experiences shape how we parent and relate to our children. Using the book as a guide, we will explore the current research in neurobiology and attachment and discover the extent to which our interpersonal relationships affect the development of a child's brain. We will also learn a parenting approach that helps us raise healthy, balanced and resilient children by forming a deeper understanding of our own life stories.

"How we come to make sense of our lives, how we tell a coherent story of our early experiences, is the best predictor of how our children will become attached to us. Enabling our children to build a secure attachment lays a foundation for their future healthy development". Daniel J. Siegel, M.D.

We will review one chapter per class, work on and discuss the inside out exercises, and delve into other topics that come up. The class will be a fun and creative mix of the experiential, practical and conceptual material in the book as well as my own experience with the topics.

Cost: 1st person \$380, 2nd person 1/2 price. Register by 12/31/16 \$350

When: Every other Wednesday, beginning January 11, 2017, 5:45-7:45, 9 classes. Location: TBD

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About Maribeth: Maribeth has an MA in Counseling Psychology and is a Licensed Professional Counselor (LPC). She specializes in identifying and clearing emotional and behavioral patterns in children and adolescents. In her holistic child and family therapy practice, she synthesizes 20 years of experience in play therapy, trauma resolution, parent coaching, teen suicide prevention, interpersonal neurobiology, Chinese medicine's organ energy systems, and how to create a balanced, harmonious lifestyle. Maribeth has the ability to carefully structure and pace a child's process in order to meet their real needs, She has worked in a variety of settings including public and private schools, community mental health, hospice, and private practice.

