



Course Description

“Be Child Wise”

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Raising a child to be loving, resilient and respectful is a tough endeavor in the best of circumstances. But what if the child is emotionally scarred from early experiences of loss, betrayal or harm?

This workshop will introduce the audience to the principals of successfully connecting with and raising a child who is emotionally distressed. It provides real-life examples and exercises in the 3 principles of the handbook *Be Child Wise*, namely, know yourself; know your child; and always work within the relationship. The workshop combines the specific expertise developed by Intermountain, a 109-year-old treatment agency in Montana, detailed in the handbook *Be Child Wise* and specific therapeutic intentions and interventions to keep parent and child within relationship.

Course Objectives:

1. Participants will understand their own motivations and triggers in raising emotionally distressed children.
2. Participants will be able to pinpoint developmental skews in their children that impact how the child experiences the world.
3. Participants will understand the concepts of therapeutic parenting.
4. Participants will learn the basics language that keeps the child in connection. .

Who should attend? Foster/Adoptive parents, Biological Parents, Grandparents, Mental Health Professionals, Adoption workers, Social Workers, Educators and other professionals who guide parents in raising emotionally distressed children.

About the Speakers

Elizabeth Kohlstaedt, Ph.D., Clinical psychologist; Clinical director of Intermountain since 1990; contributor to *Be Child Wise*, developer of Intermountain’s clinical approach to relational development; and frequent lecturer on child development and trauma. Dr. Kohlstaedt received a B.A. in German from Purdue University, an M.S. in linguistics from Indiana University, an M.A. in physiological psychology from Arizona State University and a Ph.D. in clinical psychology from University of Montana.

Kate Cremer-Vogel, MS, LCPC: A licensed therapist in Bozeman, Montana providing parents experiential training in therapeutic parenting, instructor at Montana State University for a course based on *Be Child Wise*; co-author of *Be Child Wise and What Every Adoptive Parent Should Know*. Kate received a B.A. *cum laude* in Liberal Arts from Case-Western Reserve University, and a M.S. in Mental Health Counseling from Wright State University. Kate also received her Post-Graduate Licensure Education from the University of Dayton and Post-Graduate Intensive Training from Gestalt Institute of Central Ohio.

Agenda

9:00 a.m. – 10:30 a.m. – Introduction: *Important Principles in Becoming Child Wise*
Elizabeth Kohlstaedt, Ph.D.

10:30 a.m. – 10:45 a.m. – Break

10:45 a.m. – 12:00 p.m. – *Knowing Yourself - Exercise*
Kate Cremer-Vogel, MS, LCPC

12:00 p.m. – 1:00 p.m. - Lunch – On your own

1:00 p.m. – 2:30 p.m. *Seeing the World Through A Child's Eyes – Understanding developmental arrests*
Elizabeth Kohlstaedt, Ph.D.,

2:30 p.m. – 2:45 p.m. – Break

2:45 p.m. – 4:30 p.m. *Interventions: Speaking the Language of Hope - Exercise*
MSW, Kate Cremer-Vogel, MS, LCPC