

**Embracing Family
Relationship Enhancement Education**
230 N. Maple Ave Suite B-1 #110
Marlton, NJ 08053
609.870.7398

Below you will find a list of prepared workshops. These are great seminars for members of school, religious, medical, community and corporate organizations. These are just a few possible training topics available to enhance the performance of individual staff members as well as a program team. We also create custom designed workshops based on the specific needs of your staff. The following includes several seminar descriptions:

Topic #1 **“Person of the Position” Issues:** In a relationship, professional or personal, each individual will bring beliefs, values, bias, and projection. These factors influence how we function during interaction. Whether the interaction is administrator to staff, staff to staff, staff to parent, or adult to child, these issues interfere with or compliment the dialogue and behavior occurring between two people. Identifying and addressing these issues will promote optimal personal and professional relationship health.

Topic #2 **“Differentiation of Self”:** The goal of differentiation is to remain true to yourself regardless of how others are behaving. When in relationship, personal or professional...young or old..., one will encounter “trigger” people. These are individuals who have the ability to “knock you off your center”. There are methods of decreasing these experiences to ensure positive self-esteem and optimal personal and professional relationship performance.

Topic #3 **“Power of Oppression and Its Effects on Relationship”:** There are many societal and institutional reinforcers that facilitate various forms of oppression. Learning more about race, sex, class, religion, and culture will improve relationship between staff and staff with families.

Topic #4 **“Family of Origin Influences”:** Beliefs and behaviors are passed down through the generations and influence how we view others. Through the use of genograms, learn how to assess for patterns and identify resources that will facilitate healthy functioning of the individual and the system of the family.

Topic #5 **“Gossip is just a Series of Triangles”**: Explore the purpose and function of gossip within a program setting. Identify prerequisite stressors to gossip and proactive measures to minimize its existence.

Topic #6 **“Respond Rather than React”**: To ensure a positive outcome, learn how to respond in difficult situations (conflict, power-struggles) when they arise in the consumer/staff and colleague/colleague relationship.

Topic #7 **“Attachment”**: Exploring the effects of foster care and adoption realities for children and how to facilitate attachment to others including parents, siblings, staff, teachers, and peers.

Topic #8 **“Addiction and Its Role in the Family”**: Identify families that are dealing with addiction and explore how this challenge influences perception of self, family, school and socialization. Identify the family’s internal and external resources to employ for support.

Topic #9 **“The Blended Family”**: Identify how blended families are influenced by family of origin issues and loyalties from previous family structures. These relationships will be challenged with negotiating the new family form with their previous family experience. During transition periods, family stressors may impact the child’s social and academic performance. Learn how to support the child and the family to promote optimal health.

Topic #10 **“Family Life Cycle Theory”**: Explore the family life cycle theory in terms of typical objectives a family faces through its lifespan. Different cultures also have some variations in the Life Cycle. Understanding a family’s development will promote empathy and normalize experiences when staff is relating to the child or the family during a time of stress and crisis.

Topic #11 **“The Grieving Process”**: This topic can be presented when addressing loss of a family member; grieving the loss of family and familiar environments due to a move; loss of a reality that will never be (acceptance of a child’s handicapping condition, loss of an estranged parent’s time and attention; divorce of parents). Understanding this process will allow for the support of the child that may be symptomatic in his learning and social environments.

Topic #12 **“Parenthood and its Impact on the Couple”**: Couplehood evolves into a different structure when children step into the picture. The parents’ childhood experiences and expectations are projected onto

the children and the adults' understanding of their roles as parents. These projections can greatly impact the couple relationship in terms of how they see each other as husband/wife and mother/father. Conflict in their meaning making can cause stress in the relationship and how they interact with their children. Exploring and normalizing the experience can improve relationship functioning.

Topic #13 **“Team Building”**: Through a series of team building exercises, your staff will come to know one another and break down the social barriers that interfere with relationship development. Once there is a comfort between staff members, there is a focus on team task completion that can be transferred over to the work environment to support optimal professional performance.

Topic #14 **“Behavior Management”**: This seminar addresses the challenging behaviors that are sometimes present in our classrooms, homes and other social and work environments. Developing a plan and being prepared to address the behavior is our greatest tool. This allows for clear expectation of self and the person who is challenged by a specific behavior. Children or adults can present these behaviors in the form of poor listening; challenged by following directions; struggles with authority figures; sharing; patience; tolerance of others; focus and concentration; self-esteem; etc. Regardless of the behavior or the age of the person, behavior management is a wonderful tool to increase desired behavior.

Topic #15 **“How to Talk with Parents about their Child”**: Learn how to most respectfully and effectively speak with parents about their child's social, emotional, physical, and academic performances. This is one of the greatest challenges when working in a child-focused position. A parent may find it difficult to attend to a concern due to the anxiety it may raise within them. Empathy and collaboration are the greatest tools to carry into the conversation. Parents are the experts to their own children, when we approach them as resources, they are more likely to receive information about their children. Learn some techniques that will support positive staff to parent relationships.

Topic #16 **“Boys and Girls: Are they Treated Differently in the Classroom (and the work environment)”**: How is gender socialized? What social messages do we receive and then reinforce about being a boy and being a girl? Are levels of performance and accomplishment impacted by gender definition? Explore how your environment addresses gender. Learn how to open level of functioning to the standard of the individual rather than the gender of the person.

Topic #17 **“Navigate through the Special Education Process”**: Our specialists will assist parents through the special education process. We will expose parents to the Child Study Team system and their roles in advocating for the needs of the child. We provide information about the law and procedures when working with the special education department of a school district.

Remember these are just a few seminars presented for your consideration. We have expert consultants that specialize in male and female issues; culture and race; stress management; adoption; martial arts and self-development; team development; money issues; and so much more... Our workshops are created with the most current research. Your group is sure to gain a high level of awareness of self and other.

Fee is contingent upon the duration of the seminar. Seminars can be organized as follows:

Introductory: 1 hour \$200.00
Intermediate: 2 hours \$350.00
Comprehensive: 3-5 hours \$500.00 to \$800.00

One could organize a day of training combining one, two or more seminars to be offered to your population. Fees can be negotiated. Schedule your Embracing Family Seminars in advance to ensure date of availability and allow for participants to accommodate their schedules to commit to the experience. We look forward to working with you and your group.

Respectfully,

Deborah Hill, MFT
Program Director