

Bettie E. Murchison

Bettie Murchison is a National Trainer/ Consultant in the Nurturing Parenting® Programs. A great favorite with training audiences, Bettie is a sought-after speaker and trainer.

Education

- BA, Political Science/Criminal Justice, NCSU
- Certificate in Nonprofit Management, Duke University

Employment

- *National Trainer and Consultant, The Nurturing Parenting Programs®*
- *CEO, Oasis Health and Wellness Centers International*
- *President/CEO of the W.E.B. DuBois Community Development Corporation (CDC)*
- *Executive Director, The DuBois Center, Wake Forest, NC*
- *Former Instructor, Wake Technical Community College*
- *Nurturing Program Coordinator, Speakers Bureau Coordinator, SAFE child, Raleigh, NC*

Civic Involvement

- *WakeMed Center for Community Health, Advisory Board*
- *Duke Cancer Institute, Community Advisory Board*
- *Healthy Mothers Healthy Babies, Board of Directors*
- *Wake County Housing Authority, Family Self-Sufficiency Program - Coordinating Committee Member*
- *Wake Council on Adolescent Pregnancy, Former President*
- *Health Education Task Force of Wake County, Member*
- *Wake Technical Community College, Advisory Council Member*
- *Wake Association of Volunteer Administrators, Member*
- *North Carolina Fatherhood Development Advisory Council, Member*
- *Triangle United Way Family Issue Team, Member*
- *Habitat for Humanity of Wake County, Former Board Member*
- *Salvation Army Advisory Council, Former Council Secretary*
- *Alliance for Wake Forest History and Culture, Member*

Organizational Involvement

- *Village of C.A.R.E., Founder*
- *Town of Wake Forest Mental Wellness Committee, Member*
- *NC Black Youth Suicide Prevention Team, Member*
- *Live Well Wake, Member*
- *Parent to Parent, Facilitator*

Activities

- *Care4Youth*
- *Stronger Together Conference*
- *North Carolina Community Remembrance Coalition*

Motto *"To whom much is given, much is expected."*

Bettie Murchison
2609 Lizei Street
Raleigh, NC 27616

Nurturing Parenting® Program Facilitator Training

October 29-31, 2025
9:00 AM to 4:30 PM
Wednesday - Friday

VIRTUAL TRAINING
Cost: \$450.00

With

Bettie E. Murchison

National Trainer/Consultant
The Nurturing Parenting Programs®



Learn the philosophy and goals of Nurturing Parenting and how to implement and facilitate the group- and home-based Nurturing Parenting® Programs

Workshop Description

This training will focus on incorporating the philosophy, skills and strategies of nurturing parenting. Participants will learn how to design home-based and group-based parenting programs utilizing the proven lessons of the Nurturing Parenting® Programs. A hands-on approach to conducting home and group-based Nurturing Parenting® Programs that includes facilitating weekly sessions, how to use program materials, videos and assessment tools, children's and parents' program activities, family home practice assignments, icebreakers, personal growth lessons, activities for personal power, alternatives to corporal punishment, building self-esteem, self-concept and empathy in parents and children. **Participants will learn how to use the online version of the Adult-Adolescent Parenting Inventory to gather pre and post program outcome data.**

The Nurturing Parenting Programs®

The Nurturing Parenting® Programs are family-based programs with a proven history of preventing the recurrence of child abuse and neglect that address the specific needs of different populations:

- Prenatal Families
- Parents and Their Infants, Toddlers, and Preschoolers
- Parents and Their School-Age Children
- Parents and Adolescents
- Teen Parents and Their Families
- Families in Substance Abuse Treatment & Recovery
- ABC's Program for Parents and Kindergarteners
- Crianza con Cariño Birth to Five Years
- Crianza con Cariño 4-12 Years
- Parents and Their Children with Health Challenges
- African-American Nurturing Program Supplement
- Hmong Parents and Adolescents
- Nurturing Parenting Program for Christian Families
- Family Nurturing Camp
- Nurturing Skills for Parents
- Nurturing Skills for Teen Parents
- Nurturing America's Military Families
- Community-Based Education in Nurturing Parenting

Adult-Adolescent Parenting Inventory

The AAPI-2 has proven invaluable in assessing the parenting attitudes and child-rearing beliefs of parents and adolescents. Founded on five parenting constructs known to lead to abusive parenting, the AAPI provides scores that profile parents at risk for abusing and neglecting children. For more info, visit www.aapionline.com.

Registration Form

Nurturing Parenting® Program Facilitator Workshop

October 29-31, 2025

MAIL THIS FORM, along with your registration fee payable to:

Bettie E. Murchison
2609 Lizei Street
Raleigh, NC 27616

Phone: 919-714-3854

Email: bettiemurchison@gmail.com

Registration Deadline: October 10, 2025

Call for availability after deadline.

Name of Participant(s)

Agency

Address

City, State Zip

Phone

Fax

Email

(Confirmation will be sent via email.)

\$450 per registration (includes workbook)

Method of Payment

_____ Check

_____ Paypal

Philosophy of Nurturing Parenting®

The philosophy of Nurturing Parenting® emphasizes the importance of raising children in a warm, trusting and caring household. It is founded on the belief that children who are cared for develop the capacity to trust, care and respect themselves, other people and living creatures and the environment. The philosophy of Nurturing Parenting is founded on seven principles:

1. **Feelings of Attachment.** Attachment means a bond between parents and their children that conveys a deep love that is unconditional. When children feel loved unconditionally, communication, trust and respect naturally follow.
2. **Empathy.** Empathy is the ability of parents to put themselves in the place of their children in an attempt to feel, think and understand what their children are feeling, thinking and understanding, and responding to them in a loving, respectful way.
3. **Nurturing Oneself.** Taking time in getting one's own needs met, as an adult, forms the foundation of understanding and helping children get their needs met. Nurturing parents take care of themselves as well as their children.
4. **Gentle Touch.** Research has shown that children who experience warm and gentle touch in the form of hugs, pats, and massages develop and maintain healthy relationships throughout their life, as well as a healthy and positive sense of their self.
5. **Discipline.** Setting limits through family rules, teaching right from wrong through family morals, and teaching respect and worth through family values are all a part of a nurturing family. Discipline cannot be imposed, beaten into or forced on children but rather develops best by the children modeling their parents.
6. **Expressing Feelings.** Helping children and adults learn appropriate ways to manage and express their feelings is a fundamental characteristic of a nurturing family.
7. **Expectations and Self-Worth.** Knowing what to expect of children as they develop plays a significant role in their self-worth. When parents have appropriate expectations, children learn that they are competent people, capable of pleasing others.

For more information, visit www.nurturingparenting.com

The Nurturing Parenting Programs® are recognized by the National Registry of Effective Programs and Practices (NREPP), the Substance Abuse-Mental Health Services Administration (SAMHSA) and the Office of Juvenile Justice and Delinquency Prevention (OJJDP).