

## **Theresa Wilson Hasting**

Theresa Hasting has been a trainer/consultant for the Nurturing Parenting Programs® since 2011 and has facilitated Nurturing Parenting groups since 2008, utilizing individual parenting, in home parenting, and group parenting. Theresa Hasting received her B.A. in Psychology from McMurry University in 2003 and earned her M.A. degree in Family Psychology from Hardin Simmons University in 2005. Theresa is currently working as a therapist and parent coach in her private practice, SoulTending Services. Previously, Theresa has worked a Clinical Director and therapist in wilderness therapy, where she specialized in working with adolescents struggling with attachment issues and their parents. She was worked as a caseworker, Director, and therapist at foster care/adoption agencies, and developed training for staff and foster families on Trauma Informed Care topics, Nurturing Parenting®, and Trust Based Relational Intervention® (TBRI) principles. Her past experiences include working with adults and adolescents at inpatient psychiatric facilities, working as a therapist for the Texas Department of Criminal Justice. Through these experiences, Theresa has worked with youth and adults who have experienced physical and sexual abuse, attachment trauma, adjustment issues, depression, anxiety, emotional and behavioral dysregulation, substance abuse issues, psychosis, and interpersonal conflict. She has been trained specifically in TBRI, Motivational Interviewing, Sandplay Therapy, and Trauma Focused Cognitive Behavioral Therapy. Theresa's passion is working with youth and families to facilitate healthy relationships between individuals and for individuals with themselves.

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Incorporated in 1983, Family Development Resources, Inc. (FDR) was established by Dr. Stephen J. Bavolek for the express purpose of developing, validating, and distributing parenting programs, videos, and assessment tools to build nurturing parenting skills in families and consequently, prevent and treat child abuse and neglect. Family Nurturing Centers, International was established to provide training and consulting in the Nurturing Parenting Programs®

## **Nurturing Parenting Program® Facilitator Training**



with

### **Theresa Wilson Hasting**

Nationally Recognized Trainer/Consultant  
Nurturing Parenting Programs®

*Learn the philosophy and goals of Nurturing Parenting and how to implement and facilitate the group and home-based programs.*

#### **Dates:**

April 12-14

#### **Cost: \$300**

(Limited to 25 participants)

#### **Location:**

Virtual Training

**The Nurturing Parenting Programs® are recognized by the National Registry of Effective Programs and Practices, the Substance Abuse–Mental Health Services Administration and the Office of Juvenile Justice and Delinquency Prevention.**

## Workshop Description

**Times:** 8:30 a.m.      **Registration** (Day 1 only)  
9 a.m. – 12 p.m.    **Training Session**  
12 – 1 p.m.        **Lunch on your own**  
1 – 4 p.m.         **Training Session**

**Day 1-3:** 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®. This is a hands-on approach to conducting home and group-based Nurturing 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, and 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 (AAPI-2) to gather pre and post-program outcome data.

### The Nurturing Parenting Programs®

The Nurturing Parenting Programs are family-based programs with a proven track record of preventing the recurrence of child abuse and neglect that address the specific needs of different populations. The curriculum includes, but is not limited to the following:

- Prenatal Program
- 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 & Counseling
- 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

### Adult-Adolescent Parenting Inventory (AAPI-2)

The AAPI has proven invaluable in assessing the parenting attitudes and child-rearing beliefs of parents and adolescents. It provides scores that profile parents at risk for abusing and neglecting children.

### 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 and 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 part of a nurturing family. Discipline cannot be imposed, beaten into or forced upon children but rather develops best by children modeling their parents whose example they admire.
- 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 they are competent people, capable of pleasing others important in their lives.

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## Registration Form Nurturing Parenting Program® Facilitator Workshop: April 12-14, 2021

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**\$300 per person due at registration**

Email this form to:

[theresa@souttendingservices.com](mailto:theresa@souttendingservices.com)

or

Mail this form and registration form to:

Theresa Hasting  
4195 Pine Vale Rd  
Gainesville, GA 30507

### For More Information

Contact Theresa Hasting by phone at

470-760-0394 or by email at

[theresa@souttendingservices.com](mailto:theresa@souttendingservices.com)

**REGISTRATION DEADLINE: April 5, 2021**

(Please submit a registration form. Email for credit card payment via *Paypal*.)

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Name of Participant

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Agency

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Address

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City

State

Zip

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Phone

Fax

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Email

\* Confirmation is sent via email \*