

Jennifer Moss, MA, MFT

Jennifer has been a Nationally Recognized Trainer/Consultant for the *Nurturing Parenting Programs*® for over 17 years. She trains and consults in all of the core programs as well as the majority of the programs developed specifically for special populations. She has facilitated both parent and children in the 0-5, 4-12, and Teen Nurturing Parenting Programs in both group and home base settings. In addition, she also piloted the following programs in Hawaii: Families in Substance Abuse & Recovery, Nurturing Fathers and Marriage & Parenting Programs!

Educational Background:

- MA, Marriage & Family Therapy Argosy University, Hawaii
- B.A., VT College of Norwich University
- Time to Teach, Educational Consultant

Jennifer has been working with couples and their children for over fifteen years, predominantly on the Hawaiian Islands and now, all over the Pacific Northwest.

She has two school aged children in which she shares many humorous and vivid experiences of many years of single parenting.

Testimonials

“So much fun and so much information, I felt like I was going to burst...in a good way!”

“Jen is one of the best hands on trainers I have ever experienced “

“I felt really nurtured, Jennifer is so authentic, and her stories make you realize she not only knows this stuff, she has lived it!”

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).

Jennifer Moss
12356 NE Brazee St
Portland OR 97230

Nurturing Parenting Program® Refresher

* Pre-requisite-prior 3 day NPP Facilitator Training

Facilitation Skillfulness: Exercises for Grounding, Stress Reduction, De-escalating, & Redirecting

With

Jennifer Moss, MA, MFT
National Trainer/Consultant
Nurturing Parenting Programs®

DATES: July 26, 2022
September 9, 2022
October 28, 2022

TIMES: 9:00 am – 4:30 pm (Central Time)

COST: \$125 per person

LOCATION: **THIS TRAINING IS ONLINE**

TO REGISTER: Contact Jen Moss
Phone: 808-281-1494



The Nurturing Parenting Programs® are a family-centered trauma-informed initiative designed to build nurturing parenting skills as an alternative to abusive and neglecting parenting and child-rearing practices.

About this Workshop:

This one (1) day training will focus on **Facilitation Skillfulness: Exercises for Grounding, De-escalating and Re-directing** with the following training objectives:

- To review key components of the NPP curriculum and practice attachment and bonding activities.
- Discussion and activities will be designed around client relationship building and time management.
- The primary focus of this workshop will be on therapeutic skills to help with intentional teaching and professional skill building (i.e. how to help clients go from head to heart for emotional process learning and how to assist in getting them back into their heads when the time is up/i.e. Trauma informed work).

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:

- 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 & 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 Special Needs and 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

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 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 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 that they are competent people, capable of pleasing others important in their lives

Nurturing Parenting Program®

REGISTRATION FORM

*** Pre-requisite-prior 3 day NPP Facilitator Training**
Facilitation Skillfulness: Exercises for Grounding, Stress Reduction, De-escalating, Redirecting

Date (Choose one):

July 26 _____ *Deadline June 19*

September 9 _____ *Deadline September 1*

October 28 _____ *Deadline October 22*

One registration per participant

Contact Jennifer for availability after deadline

Time: 9 am – 4:30 pm (Central Time)

Cost: \$125 per person

Location: THIS TRAINING IS ONLINE

Name: _____

Agency: _____

Address: _____

City, State Zip: _____

Phone: _____

Email Address (Required)

MAIL THIS FORM, along with your payment to:

Jennifer Moss

12356 NE Brazee St

Portland OR 97230

808-281-1494; jennifermossmft@gmail.com

Make check payable to Jennifer Moss, MFT. Email to pay by credit card via PayPal or Square.

- Confirmation will be sent via email.
- Inquire if site is handicap assessable.
- No refunds for cancelations.
- Registrations are transferable to a different staff member.