

## Jennifer Moss, MA, MFT

Has been a Nationally Recognized Trainer/Consultant for the Nurturing Parenting® Program for over 17 years. She has facilitated Nurturing Parenting® programs for all ages as well as 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 and 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 ten years, predominantly on the Hawaiian Islands and now, all over the Pacific Northwest.

She has two teenaged 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!”*

Jennifer Moss  
12356 NE Braze St  
Portland OR 97230

## Nurturing Parenting® Program ONLINE Refresher IV

### Training: Facilitation Skillfulness- Exercises for Grounding, Stress Reduction, De- escalating, Re-directing

With

### Jennifer Moss, MA, MFT

*National Trainer/Consultant  
Nurturing Parenting Programs*

**Dates:** January 16<sup>th</sup> 2023

**Time:** 9am-4:30pm (Central time)

**\*Pre-requisite-prior 3 day NPP Facilitator  
Training**

**Cost:** \$125 per person

**Sponsored by:** Family Nurturing Center of the  
Pacific Northwest

**Location :** ONLINE



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

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).

This one (1) day training will focus on **Facilitation Skillfulness- Tools for grounding, de-escalating and re-directing:**

#### Training Goals:

- 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 refresher will be on therapeutic skills to help with intentional teaching and professional skill building** (i.e. how to help clients go from the head to the 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 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-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.assessingparenting.com](http://www.assessingparenting.com)

#### 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

Registration Form: Nurturing Parenting®  
**Program Refresher IV Workshop:**  
**Facilitation Skillfulness- Exercises for Grounding,  
Stress Reduction, De-Escalating, RE-directing**

**January 16<sup>th</sup> 2023**  
**ONLINE, \$125**

**MAIL/Email THIS FORM**, along with registration fee payable to:

**Jennifer Moss**  
12356 NE Brazee St  
Portland OR 97230  
Mobile: 808-281-1494  
Email: [jennifermossmft@gmail.com](mailto:jennifermossmft@gmail.com)  
[www.Jennifermossmft.com](http://www.Jennifermossmft.com)

**Registration Deadline: January 6<sup>th</sup>**  
**Call for availability after deadline.**

**Multiple registrations: Fill out one registration for each participant: Contact # and Email required.**

Staff Name \_\_\_\_\_

Agency Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Cell Phone Contact: \_\_\_\_\_

#### Email Address

- Confirmation will be sent via email.
- Inquire if site is handicap assessable.
- No refunds for cancelations.
- All Paid fees are transferable for a future NPP training or staff member.

**\$125 per registration**  
**Checks Payable to: Jennifer Moss, MFT**

***\*Email to pay by credit card via Paypal or Square.***