Shawntel Tucker, LPC

My goal:

Helping people find solutions that work for them.

It is my goal to help you set achievable goals, to find inner strength, and to overcome daily hurdles while working towards internal improvement, acceptance, and empowerment. I work with individuals, couples, and families, in a encouraging and supportive manner. I strive to assist with internal and relational conflicts, as well as co- parenting matters, and divorce issues. By looking at things from a different perspective and helping you to trust that you know what you need, I will help you to set and achieve your goals.

I have nearly 24 years of experience working with children and families, who face daily struggles and trauma. I am a trained mediator, child and family investigator and EMDR provider. I am also a nurturing parenting facilitator and trainer.

I was first introduced to The Nurturing Parenting® Program in January 2008. I eagerly attended the training to become a facilitator in February 2008. I incorporate this model into my own life, as a mom, and my professional life as a therapist and director of a child placement agency, daily. The focus is strength based and centered on building trust and relationships. Ethically and morally, it works for me….. and the families I have trained!

Education

- MS, Community Counseling, Walden University
- BA, Sociology, University of Northern Colorado

Employment

- *National Trainer and Consultant*, The Nurturing Parenting® Programs
- *CEO/Executive Clinical Director of Family Resource Network and Kaleidoscope Counseling*

Organizational Involvement

- ACA member
- EMDRIA member
- AMHCA member
- Active Parenting, *Facilitator*

Shawntel Tucker
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Nurturing Parenting® Program

Facilitator Training

with

Shawntel Tucker, LPC

National Trainer/Consultant
The Nurturing Parenting® Programs

2027 Dates (select one):

February 1-3
June 2-4
September 13-15
December 1-3

Cost: $500.00

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

NREPP
Included in SAMHSA's National Registry of Evidence-based Programs and Practices

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).

Workshop Description

Times: 830 – 430

Days 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. A hands-on approach to conducting home and group-based 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 (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:

- 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
- LGBT Supplemental Program Guide
- African-American Nurturing Program Supplement
- Hmong Parents and Adolescents
- "Nurturing God's Way 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 (AAPI)

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.

Philosophy of the Nurturing Parenting® Programs

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 info, visit: www.nurturingparenting.com

Registration Form

Nurturing Parenting® Program Facilitator Workshop·

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

Family Resource Network
5360 N Academy Blvd, Suite 130
Colorado Springs, CO 80918

Phone: 719-227-7477 ex 13
Email: shawntel@familyresourcenetworkco.com

Registration Deadline: 5 days prior to the start date of the training
Call for availability after deadline.

_____
Name of Participant(s)

_____

_____
Agency

_____
Address

_____
City, State Zip

_____
Phone Fax

_____

Email * Confirmation will be sent via email.
$500 per registration; Method of Payment

_____ Checks or credit card Only!