

Thrive

Healing Center for Gifted & 2E

2542 S. Bascom Ave. Suite 125, Campbell CA 95008

408.963.6437 ph 408.963.6594 fax thrive-hcfc.org

Social Emotional Response & Support for Families:

The life jacket that parents are uniquely positioned to offer their children.

Preparing our children with the self-awareness and tools they need to navigate relationships, life's demands, stressors and their inner landscape is the most impactful support we can provide as parents. In fact, difficulties with emotional regulation can interfere with a child's ability to learn. Additionally, a 40-year study of PhDs at UC Berkeley found that EQ was four times more powerful than IQ when predicting success.¹ This course is designed to offer participants an opportunity to understand the knots-and-bolts of emotional regulation to support them in meeting the needs of their unique child. Enrollment in the full session is highly recommended as each week offers a different component of this comprehensive core skill.

Course Outline:

Week 1: Emotional Regulation and Executive Functioning: Learn how one affects the other and how both can undermine intellectual potential.

Week 2: Sensory Regulation, Nervous System and Emotional Regulation: What do these systems have in common and how do I support all three with core strategies.

Week 3: The Parent/Caretaker Unique Role to Support the Child with Emotional Regulation: Leading from a place of connection and brain science.

Week 4: Addressing my child's unique learner profile: Strategies to support my child's emotional wellness.

Week 5: Emotional Regulation in different developmental stages: What to expect as my child grows and matures & when professional help may be needed?

When: Tuesdays, 6:30-7:30 pm March 11, 18, 25, April 1, 8

Fee: \$625 full session, \$150 per week if register for individual topics,
\$25 processing fee for credit cards

¹ Why Is Emotional Intelligence The Greatest Predictor of Success by Mariela De La Mora
(www.brainzmagazine.com/post/why-emotional-intelligence-is-the-greatest-predictor-of-success)

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Registration: **Contact AnaMaria@thrive-hcfc.org**

About the Presenter:

AnaMaria Guevara, LCSW, the owner of *Thrive: Healing Center for Gifted and 2e*, is a social learning specialist and seasoned clinician with more than twenty-years of experience working with diverse and neurodivergent learners and their families in the Bay Area. She integrates a range of social learning models, sensory regulation strategies and traditional psychotherapy methods to meet the unique needs of her clients. Her therapeutic approach is structured yet naturalistic to allow for regulation and learning to occur at the child's pace.