



Foundations of Mindful Parenting (MPG Level 1): A Reflective Approach to Working with At-Risk Dyads Thursday & Friday, March 1 & 2, 2018

Sponsored by the New Center for Psychoanalysis

This two-day intensive is designed for mental health and early childhood professionals working with young children and families. This relationship-focused model emphasizes mindful observation, flexible responsiveness, and reflection as practices that serve to promote childhood attachment security through increasing parental reflective capacity, strengthening caregiver-child interactions, and reducing hostile/intrusive caregiving behaviors. Through review of audio-video case material, this model's core components will be applied to work with dyads and groups, including work with parents whose trauma history challenges parent-child relationship security. This standalone training provides a reflective foundation for work with parents and young children, is a prerequisite for Level 2 facilitator training, and satisfies 12 hours towards the CA Center IFECMH) Endorsement.

Course Objectives:

- Describe the concept of Reflective Functioning (RF), and its relationship to enhancing secure attachment and preventing negative caregiving behavior
- Demonstrate clinical understanding of the core components of Mindful Parenting: mindful observation, flexible responsiveness, and reflection.
- Apply a working understanding of parental RF, attachment styles / states of mind, and the core components of the MPG model to clinical cases.

Training Facilitator: Diane Reynolds, MFT

As Program Developer/Senior Trainer for Mindful Parenting Groups (MPG) and the Reflective Care Program at CRC, Ms. Reynolds has spent the last 15 years introducing parents and professionals to a mentalization-based, mindful and reflective approach to caregiving, with particular focus on serving at-risk families who otherwise wouldn't have access to these practices that can profoundly change relationships, family life, and ultimately, communities. Her work has received funding from private foundations as well as L.A. County DMH, supporting ongoing facilitator training, education, reflective supervision, and outcome data collection, particularly within the child welfare and Early Head Start communities. In 2011, the MPG model received designation by CA Institute of Mental Health and L.A. County DMH as a Community-Defined Evidence group model for Prevention-Early Intervention, targeting parenting and family difficulties. Ms. Reynolds remains committed to promoting infant-family/early childhood mental health workforce development through training, reflective supervision and consultation.

Dates: Thursday & Friday, March 1 & 2, 2018

Time: 9 AM – 4 PM, with 1 hour lunch break
(must attend both days)

Place: New Center for Psychoanalysis
2014 Sawtelle Blvd., Los Angeles, CA 90025

Fee: \$415 early bird registrations received by 2/1/2018
\$460 regular registration, after 2/1/2018

12 CE credits available for Psychologists, LCSW's & LMFT's.

Space is limited. 12 CE Credits for Psychologist, MFT's, LCSW's and RN's. Participants must be licensed or pre-licensed mental health professionals or early childhood professionals. Cancellations must be submitted in written form. Full refund available up to 10 days prior to start of training; thereafter, full refund less \$100 available up to the start of training.

Important Disclosure for All Learners: None of the planners and presenters of this CE program have any relevant financial relationships to disclose.

Continuing Education Credits: 12 CE Credits are available for Psychologists, LCSW's and LMFT's.

Psychologists: The New Center for Psychoanalysis (NCP) is approved by the American Psychological Association to sponsor continuing education for psychologists. NCP maintains responsibility for this program and its content. Full attendance is required for psychologists to receive credit; partial credit may not be awarded based on APA guidelines. Psychologists report directly to the MCEP using the certificates of attendance awarded at the completion of the course.

Social Workers and Marriage and Family Therapists: NCP is an approved provider for continuing education credits for LCSWs and MFCCs/MFTs (provider # PCE 674). This training meets the qualifications for 12 hours each of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences. Only the actual number of hours spent in the educational activity may be claimed for credit.

For questions or additional information, please contact: info@reflectivecommunities.org or 323-275-4805





**Foundations of Mindful Parenting (MPG Level 1)
March 1 & 2, 2018
Registration Form**

Name: _____

Degree(s) & License #: _____

Organizational Affiliation (if applicable): _____

Address: _____

City/State/Zip: _____

Phone: _____

E-mail: _____

If payment is for registration of multiple participants from the organization listed above, please list the following:

Name	License
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____

Total Fee: \$415 per participant x _____ (number of participants) = _____

\$460 per participant x _____ (number of participants) = _____

Payment options:

Check (payable to *Center for Reflective Communities* and mailed with completed form to address below)

Visa or MasterCard

Note: Merchant shown on your credit card statement will be New Center for Psychoanalysis

Cardholder Name (as it appears on card): _____

Cardholder Signature: _____

Card Number: _____

Expiration Date (mm/yy): _____ CCV (3-digit security code): _____

Billing Address (if different from above): _____

City/State/Zip: _____

Mail check and completed form to: Center for Reflective Communities, 2014 Sawtelle Blvd., Los Angeles, CA 90025

For credit card registrations, email or fax your completed form to:

info@reflectivecommunities.org or fax 310-477-5968 ATTN: CRC