

"We best help our children to develop emotional health when we are willing to grow at the same time" Robin Grille

Parenting Heart to Heart Professional Facilitator Training

When parents and children are consciously growing together, parenting can be a transformative and healing journey. The Parenting Heart to Heart Facilitator Training, presented by psychologist, parenting educator and author Robin Grille, can deepen your work with clients and, through them, impact their children.

Who can participate?

This training is designed for psychotherapists, counsellors and psychologists; but is also open to social workers, psychiatrists, doctors, nurses, midwives, doulas, birthing educators – any health practitioners who work with parents or families.

About the Facilitator Training

The training format and content has been specifically developed to:

- help you support clients to connect from their heart with the children in their care and positively impact the emotional health of families
- if eligible to equip you to become a facilitator of the Parenting Heart to Heart Course* (see next page)



4 day training
November 4-7
Hunters Hill, Sydney

places limited

Through teachings, discussion, experiential exercises and reflection the 4 day full-time training will cover:

- Supporting parents' strong emotions, and helping them to increase their tolerance for their children's emotionality
- Body-oriented skills for supporting children's tantrums
- An introduction to basic bioenergetics: grounding, centering, calming and emotional release exercises for parents and their children
- An introduction to a simple biodynamic massage technique
- Building emotional attunement in parents: via the 'inner child' process
- Facilitating emotionally authentic, connective dialogue – building group intimacy
- Leading edge neuro-psychological and developmental information from gestation to early childhood and adolescence.
- Pre-natal and peri-natal psychology, what is natural birth and what importance does it have?
- What is healthy attachment and how is it achieved?
- What is healthy differentiation and how is it achieved?
- Interpersonal shaming, guilt, punishment and reward-based manipulation:
 - educationally defining these commonly used tactics for parents
 - helping parents to locate their own childhood feelings and impacts from being at the receiving end of these tactics
 - explaining the short and long term psychological and neurological effects of these behaviour control strategies
- Emotionally-authentic, responsible and intimacy-building communication for parents

Whether you are simply wishing to increase your skills and knowledge base or whether you wish be a sole or assistant facilitator of a *Parenting Heart to Heart* course for parents, this training is an invaluable and enriching personal growth experience and professional development opportunity.

What is the *Parenting Heart to Heart Course?

This supportive and educational course for parents runs over six, 3 hour sessions and is based on the themes in Robin Grille's parenting book *Heart to Heart Parenting* (and to a lesser extent *Parenting for a Peaceful World*).

The parenting course is multi-dimensional: providing parents with easy-to-understand developmental information as well as profound and moving experiences to help them attune more closely with their own 'inner child', and thus also with their babies and children.

Finally, *Parenting Heart to Heart* can help build supportive, co-operative parenting communities, and has done so in the last two years for the betterment of many families' wellbeing and their children's emotional health.

About the trainer

Robin Grille is an internationally renowned author, speaker, educator, psychologist, psychotherapist and father specialising in child development, parenting issues, and family relationships. Known for his articles and books on these subjects, Robin has been published in five countries.

Robin's first book, 'Parenting for a Peaceful World', explores the relationship between the way we parent and the emotional health of society as a whole.

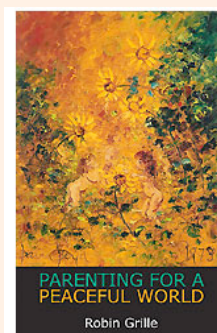
Robin's second book, 'Heart to Heart Parenting' (on which this training is based), brings this idea into our daily lives by encouraging parents to tap into their inner wisdom – their own experience of childhood – to enliven their empathic connection with their children.



Based on extensive research and clinical experience, and in response to interest generated by the books, Robin created the Parenting Heart to Heart program. Robin has been running the parenting courses, and training facilitators to do the same for two years.

Pre-requisites for participants

Robin Grille's two books, *Parenting for a Peaceful World* and *Heart to Heart Parenting* are both required texts, and it is *essential* that both have been read to completion before the start of the training.



All participants of the facilitator training will receive a **Facilitator's Manual and Handouts** at the commencement of the training.

Eligibility to become a facilitator

At the completion of the training all participants will receive a **Certificate of Attendance**.

Those participants wishing to facilitate Parenting Heart to Heart Courses may subsequently apply for a **Parenting Heart to Heart Sole Facilitator Certificate**.

Eligibility for certification as a Sole Facilitator will be determined by Robin Grille based on the following criteria:

1. To have fully read and understood both of Robin Grille's books.
2. To have been a parent.
3. To be fully qualified and experienced in some form of counselling/psychotherapy.
4. To have received one's own therapy for a sustained period.

It is important to note that criteria 2, 3 and 4 are **not** a pre-requisite for attendance to this training. It is possible to either adapt what we will learn here to your own work and of course personal spheres, or to work as an *assistant facilitator* in partnership with a Sole Facilitator.

Parenting Heart to Heart Professional Facilitator Training

Information and Registration Form

Dates: Thursday November 4 – Sunday November 7, 2010

9.30 – 5.30 daily

Venue: Marist Centre
1 Mary Street, Hunters Hill
Sydney

Investment:

- ☐ Early bird rate \$695 (full payment received by Oct 1)
☐ Full rate \$765 (full payment received by Oct 20)

Both rates require a \$100 booking deposit at time of registration

What is included?

- Morning, afternoon tea and lunch.
- Four days of training with Robin Grille
- Training Manual at commencement
- Certificate of Attendance on completion

What to bring?

- Wear loose and comfortable clothing (suitable for movement and exercise)
- Stationery for taking notes
- A cushion/pillow & blanket if you wish, for comfort
- A water bottle

How to register?

- Contact the organisers to express your interest and discuss the suitability of the training for your needs.
- Then print and complete the registration form, scan and email to the address below.
- Alternatively, request an email version of the form and email back when completed.
- At the time of registration, forward the booking deposit or full payment to secure your place – details of payment options will be provided by the organisers.

Name
Postal Address
Telephone Number
Mobile Number
Email Address
Occupation
Are you a parent? Yes / No
How did you find out about the training?
Date of registration
Payment amount (\$100 booking deposit or full amount of \$695 or \$765)
Payment method (cheque or direct deposit)

Cancellation Policy: Before October 8, cancellations will incur a \$50 administration fee. From October 8, no refunds are available, however transfer of fees to an agreed participant may be negotiated.

For enquiries contact Rosa on 0404846048 or at rosa.howard@sydney.edu.au