

We often underestimate the impact of early life experience on a child's development. Unpredictable, unstructured, and emotionally or physically hurtful experiences can create heightened states of autonomic arousal, anxiety, depression, mood changes, irritability, agitation, non-reality thinking, and a general pattern of disorganized behaviors. The typical demands placed on children, at home and within the school classroom, overwhelm these children to the point they decompensate and they exhaust their windows of stress tolerances. The result is resistant, difficult, and socially inappropriate behaviors. A fresh perspective with loving options for parents, educators, and professionals to begin the healing process for these children will be given and demonstrated during this training.



Heather T. Forbes, LCSW is the owner of Beyond Consequences Institute. Forbes has worked in the field of trauma and healing since 1999. She is an internationally published author on the topics of raising children with difficult and severe behaviors, the impact of trauma on the developing child,

adoptive motherhood, and self-development. Coming from a family of educators, Forbes has a heart for children in the classroom and for finding ways to teach the child that seems “unteachable.” Her signature style is to bridge the gap between scientific research and real-life application to equip parents, educators, and therapists with practical and effective tools. Much of her experience and insight on understanding trauma, disruptive behaviors, and adoption-related issues comes from her direct mothering experience of her two adopted children.

UConn Health  
Adoption Assistance Program  
263 Farmington Avenue, MC6020  
Farmington, CT 06030

In Recognition of  
**National Adoption Month**  
CT Council on Adoption Presents:

# **Beyond Consequences**

*Understanding the  
Traumatized Child at Home  
and School*



Instructor:  
**Heather Forbes, LCSW**

**November 4, 2016**

Fantasia  
404 Washington Avenue  
North Haven, CT 06473

## PROGRAM

November 4, 2016  
8:00 a.m. to 4:00 p.m.



8:00 a.m. Registration & Light Breakfast

9:00 a.m. Welcome by CCA

Opening Remarks by DCF Deputy  
Commissioner Fernando Muñiz

9:30 a.m. Heather Forbes - Part I

12:00 p.m. Buffet Lunch

1:00 p.m. Heather Forbes - Part II

3:45 p.m. Wrap Up & Evaluation

## Learning Objectives:

- \* Understand the need to broaden traditional and cultural disciplinary beliefs
- \* Identify the type of fear, feeling of being overwhelmed, and/or the stress that causes a child to act out negatively
- \* Understand the impact of early childhood trauma on the child's developing brain and nervous system
- \* View adverse childhood experiences through the lens of developmental trauma
- \* Understand the nature of survival mode and the impact on the brain and body system, for both child and parent
- \* Value the importance of regulation and relationship over the task at hand or the outcome
- \* Understand the concept of "window of stress tolerance" and how to help children expand these windows
- \* Learn at least three (3) techniques to de-escalate children's behavior

## SPONSORED BY

**CT Council on Adoption (CCA), formed in 1976**, is a not-for-profit, voluntary organization dedicated to permanence for children and ethical, effective adoption practices in the state of CT. CCA provides training and information on adoptive issues to DCF, child-placing agencies, adoptive families, adult adoptees, birth parents, therapists and court personnel. Annual membership is from July 1st through June 30th and yearly dues are \$20 per individual and \$50 for agency membership.

## CO-SPONSORS

UConn Health Adoption Assistance Program  
The Village for Families and Children  
Touched by Adoption  
Family & Children's Agency

## DIRECTIONS

404 Washington Avenue  
North Haven, CT 06473  
203-239-6652

From I-91 (North & South) take exit 12  
Turn Right onto Route 5N, about one mile on right

From Route 15 (New Haven & South) 15N to exit 63;  
Right onto Route 22; Left onto Route 5N  
(Washington Avenue); 1.5 miles on the right

From Route 15 (Meriden & Hartford) 15S to exit 63;  
left off ramp; Left onto Route 22; left onto Route 5N;  
1.5 miles on the right



\*Books by Heather Forbes will be available for sale

## REGISTRATION

Please print & submit by October 28, 2016

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Email \_\_\_\_\_

Phone \_\_\_\_\_

Organization \_\_\_\_\_

Title/Position \_\_\_\_\_

I am a Foster Parent \_\_\_\_\_ I am an Adoptive Parent \_\_\_\_\_

## CONFERENCE FEE (includes lunch & CECs)

|                                    |      |
|------------------------------------|------|
| ___ CCA Member                     | \$50 |
| ___ Non-CCA Member                 | \$55 |
| ___ Student/Adoptive/Foster Parent | \$45 |

(Limited partial scholarships for adoptive parents provided by UConn Health AAP)

Checks payable to: CT Council on Adoption

**Mail payment & registration form to:**  
UConn Health Adoption Assistance Program  
263 Farmington Avenue, MC6020  
Farmington, CT 06030

\*To register on-line and pay by credit card: <https://www.eventbrite.com/e/beyond-consequences-understanding-the-traumatized-child-at-home-and-school-tickets-27385483719>

Questions? Call UConn Health AAP at 860-679-4006

Program is pending approval by the National Association of Social Workers for 5 continuing education credits.