



# PARENTING IN PLACE:

## *Supporting Clients, Children, and Therapists while Socially Distancing*

**Attend via Webex**

**JUNE 1 | JUNE 8 | JUNE 15, 2020**

**LOCATION** Join via Webex (all three modules)

**MODULE 1  
REGISTRATION  
PROGRAM** **Monday, June 1, 2020**  
8:30 am–9:00 am  
9:00 am–11:00 am

**MODULE 2  
REGISTRATION  
PROGRAM** **Monday, June 8, 2020**  
8:30 am–9:00 am  
9:00 am–11:00 am

**MODULE 3  
REGISTRATION  
PROGRAM** **Monday, June 15, 2020**  
8:30 am–9:00 am  
9:00 am–11:00 am

### ATTEND ONE, TWO, OR ALL THREE MODULES

- \$39.00** **Module 1** (early registration deadline 5/25/2020)
- \$39.00** **Module 2** (early registration deadline 6/1/2020)
- \$39.00** **Module 3** (early registration deadline 6/8/2020)
- \$99.00** **All 3 Modules** (early registration deadline 5/25/2020)
- FREE** **MAHEC Employees** (must register to attend)

[CLICK HERE TO REGISTER](#)

### ATTEND ONE, TWO, OR ALL THREE MODULES

A MAHEC “Just in Time” Presentation. Get the credits you need while empowering your practice!

## MODULE 1

### Understanding the Narrative: How we talk about what is happening impacts our overall well-being

Language we use to describe experiences impacts our thoughts and feelings, while setting the stage for recovery. Research shows that Adverse Childhood Experiences (ACEs) are likely to psychologically and physically impact children throughout their lifespan. When communicating with children, it's vital to share information in a developmentally appropriate manner while ensuring that adults are first clear on what is required. Dr. Heather Ulrich offers evidence-based, tried and true methods for creating optimal narratives and adjusting them to individual family needs. As a licensed psychologist and parent, she offers down-to-earth methods for communicating in a simple, honest, and age-appropriate manner.

#### Upon completion of this module, participants will be able to:

- Explain how the language we use to describe our experiences impacts our future, and our thoughts and feelings, while setting the stage for recovery
- Identify developmentally appropriate methods of talking to children about what is happening in their world
- Identify a healthy narrative for ourselves—as therapists, parents, and as advocates—to navigate and cope with new and current stressors in our lives, as an integral part of caring for others

## MODULE 2

### Juggling it All: Adjusting to new roles and new demands in the family (includes one hour of ethics)

Stress and crises uniquely and predictably impact family systems. To survive and promote health, an understanding of roles is crucial, and healthy adaptation is vital. This module helps to identify new roles and demands within the family system, clarify therapeutic and ethical boundaries, and facilitate the application of evidence-based information to effectively cope with new demands.

#### Upon completion of this module, participants will be able to:

- Demonstrate the ability to identify new roles and demands being placed on each member of a family unit
- Identify therapeutic boundaries, abilities, and ethical limits in facing current and new challenges
- Review practical, science-based information to support engagement in new roles while assisting families as they cope with new demands

## SERIES DESCRIPTION

Join Dr. Heather Ulrich as she reveals simple methods for helping clients sustain their sanity while simultaneously helping children thrive in a challenging environment. As a clinical psychologist and one of the nation's most compelling presenters, Dr. Ulrich empowers both clinicians and lay people in the quest for presence, authenticity, and patience in parenting during crises. Whether you're a therapist balancing your own boundaries as you assist others, a parent debating how to dialogue with your children, an educator, or an advocate, this program is for you!

## AUDIENCE

Mental health professionals, including substance abuse counselors, social workers, psychologists, marriage and family therapists, school counselors, and other professionals interested in this subject. Parents and child advocacy leaders are also welcome.



## MODULE 3

### Building Resilience and Coping Skills: How to learn from tough times and help children grow despite adversity

Dr. Ulrich explains the impact of adversity on childhood development, while sharing strategies to transform uncertainty into resilience. She offers practical methods to mitigate the long-term impact of adverse experiences, as parents, families, therapists, and advocates cope with multidimensional stressors during uncertain times.

#### Upon completion of this module, participants will be able to:

- Explain how adversity impacts childhood development and functioning
- Define what resiliency is and why it is valuable in mitigating the long-term impact of adverse experiences
- Review and discuss practical, science-based strategies which foster resilience in the face of the current multidimensional stressors

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## FACULTY

**Heather Ulrich, PhD**, is a licensed psychologist in the states of North Carolina and Delaware, with exceptional expertise in the fields of infant mental health, attachment, child development, family dynamics, relational neurobiology, trauma, and toxic stress. Dr. Ulrich has practiced in a wide variety of settings, including academia, community mental health centers, private practice, and research-based programs. As a compelling and captivating speaker, Dr. Ulrich has presented practical, evidence-based information and clear solutions at national conferences for a wide variety of organizations. Currently, she has a successful practice providing telehealth-based therapy to families in Delaware and North Carolina. Dr. Ulrich also founded "Parent 911," an online parent coaching and education organization serving families across the United States and around the world.

#### HAVE A QUESTION?

##### Contact the Program Planner

Barbara Warren, MSW, LCSW, LCAS-A, CFT

[barbara.warren@mahec.net](mailto:barbara.warren@mahec.net) or 828-257-4728



#### Special Services

828-257-4778

#### REGISTRATION INFORMATION

828-257-4475

#### FAX REGISTRATION

828-257-4768

#### ONLINE REGISTRATION

[www.mahec.net/cpd](http://www.mahec.net/cpd)

#### EMAIL

[registration@mahec.net](mailto:registration@mahec.net)

#### MAIL

MAHEC Registration  
121 Hendersonville Road, Asheville, NC 28803

## REGISTRATION

**Early registration deadline for Module 1: May 25, 2020**

**Early registration deadline for Module 2: June 1, 2020**

**Early registration deadline for Module 3: June 8, 2020**

The program registration fees include administrative costs and educational materials. If your registration is received after the above deadline, the total fee will be the registration fee + \$15.00.

MAHEC has a pay-up-front policy for all CE programs. The only exception is for pre-approved programs where an individual payment plan is appropriate. Registrations that are received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Unless otherwise noted in course materials, the following cancellation policy applies to all programs:

- Cancellations must be in writing (via fax, email, or mail)
- Cancellations received more than 2 weeks prior to the event will receive 100% refund
- Cancellations received between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee
- No refunds or credits will be given for cancellations received less than two full business days prior to the event
- No vouchers will be issued in lieu of a refund
- Transfers/substitute(s) are welcome (please notify us in advance of the program)

## CREDITS



**NAADAC:** This course has been approved by MAHEC, as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #165445. MAHEC is solely responsible for all aspects of their programming. Approved for **2.0 hours per module**.



**NBCC:** MAHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5514. Programs that do not qualify for NBCC credit are clearly identified. MAHEC is solely responsible for all aspects of their programming. Approved for **2.0 hours per module**.

**NC Psychologists:** MAHEC is recognized by the North Carolina Psychology Board as an approved Provider of Category A Continuing Education for North Carolina Licensed Psychologists. Approved for **2.0 hours Category A per module**.

**CEUs:** MAHEC designates this live continuing education activity as meeting the criteria for **0.2 CEUs per module** as established by the National Task Force on the Continuing Education Unit.

**Contact Hours:** MAHEC designates this live continuing education activity as meeting the criteria for **2.0 contact hours per module**.



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## *Supporting Clients, Children, and Therapists while Socially Distancing*

**Attend via Webex**

**JUNE 1 | JUNE 8 | JUNE 15, 2020**

### REGISTRATION FORM

Updated contact information.

NAME \_\_\_\_\_

CREDENTIALS \_\_\_\_\_

SOCIAL SECURITY # XXX-XX- \_\_\_\_\_ (last 4 digits required)

OCCUPATION \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

HOME ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

HOME COUNTY \_\_\_\_\_

HOME # \_\_\_\_\_ WORK # \_\_\_\_\_

EMPLOYER \_\_\_\_\_

DEPARTMENT \_\_\_\_\_

EMPLOYER'S ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

WORK COUNTY \_\_\_\_\_

*Program announcements will be sent to your email unless you opt out from receiving MAHEC emails. We never share our mailing lists.*

Please remove my name from the MAHEC mailing list.

### ATTENDANCE AND PAYMENT

#### ATTENDING MODULE 1 (JUNE 1, 2020)

\$39.00  \$54.00 (if after May 25, 2020)

FREE for MAHEC Employees (must register to attend)

#### ATTENDING MODULE 2 (JUNE 8, 2020)

\$39.00  \$54.00 (if after June 1, 2020)

FREE for MAHEC Employees (must register to attend)

#### ATTENDING MODULE 3 (JUNE 15, 2020)

\$39.00  \$54.00 (if after June 8, 2020)

FREE for MAHEC Employees (must register to attend)

#### ATTENDING ALL THREE MODULES

\$99.00  \$114.00 (if after May 25, 2020)

FREE for MAHEC Employees (must register to attend)

*Full payment must accompany all submitted registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.*

Check is enclosed  Credit card information provided  
 Visa  MasterCard  Discover Card  American Express

ACCOUNT # \_\_\_\_\_

EXP \_\_\_\_ / \_\_\_\_ CODE ON BACK OF CARD \_\_\_\_\_ (3 digits)

NAME ON CARD \_\_\_\_\_

SIGNATURE \_\_\_\_\_

**Send completed registration form to:**

MAHEC Registration

121 Hendersonville Road, Asheville, NC 28803

Event #63186

Fax: 828-257-4768