Texas Behavioral Health Institute
Family Strength-Based Services: Nurturing Program an Effective Model and Curriculum for Working with Children, Youth, and Families

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National Trainer/Consultant for 14 years
Texas Trainer 16 years
NP Facilitator 17 years
Texas State University Adjunct Faculty (12yrs)
Community Clinical Therapist
Family Nurturing Center of Texas Executive Director

PROFESSIONAL PASSIONS
(Infants – 6 year olds)

• Head Start/EHS
• Juvenile Justice System
• Nonprofit Leadership
• Residential Facilities
• Executive Coach

The author of the Nurturing Parenting Programs® and President of Family Development Resources, Inc. is Stephen J. Bavolek, Ph.D. Dr. Bavolek is also the Executive Director of the Family Nurturing Centers, International.

The Nurturing Parenting Programs® are published by Family Development Resources, Inc. (FDR) which is headquartered in Asheville, North Carolina and has been promoting non-violent parenting practices since 1983.

With offices in Asheville, NC and Park City, Utah and over 100 Trainers/Consultants worldwide, FDR has has sold over 1 million copies of their English and Spanish Parent Handbooks. Nurturing Parenting Video.

Program Characteristics

1. Nurturing Programs are evidence-based programs
   with nearly 30 years of field research recognized by:
   • SAMHSA (Substance Abuse Mental Health Services Administration)
   • NREPP (National Registry for Evidence Based Programs and Practices)
   • California Evidence-Based Programs
   • OJJDP (Office of Juvenile Justice and Delinquency Prevention)

2. Competency Based Lessons
   Each Lesson has a specific set of competencies that Parents must learn before the next Lesson is taught.

3. Family focused, community-wide programs designed to teach parenting at specific developmental stages.

4. Tailored for implementation in different settings.

5. Flexibility in session dosage: Prevention, Intervention, Treatment.

6. Designed to meet the unique cultural needs of families.
Positive and Negative Nurturing

Positive Nurturing (Empathy)

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Intensity</th>
<th>Always</th>
<th>Frequent</th>
<th>Sometimes</th>
<th>Infrequent</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>Very High</td>
<td>9</td>
<td>8</td>
<td>7</td>
<td>6</td>
<td>5</td>
</tr>
</tbody>
</table>

Negative Nurturing (Abuse and Neglect)

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Intensity</th>
<th>Not Present</th>
<th>Infrequent</th>
<th>Sometimes</th>
<th>Frequent</th>
<th>Always</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>Low</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

The following chart displays how neurological pathways, personalities, and behavior patterns are influenced early in life based on the quality of life in childhood portrayed in hours.

There are approximately 157,776 hours in the first 18 years of life.

Positive Personality Traits

Nurturer

The part of our personality that:
- Is capable of giving care, empathy, and compassion
- Takes care of one’s self as well as the selves of others
- Builds strong attachments with children, family, friends, and pets

Positive Personality Traits

Nurtured

The part of our personality that is capable of:
- receiving care
- seeking closeness
- accepting attachments
- accepts praise and positive touch
Negative Personality Traits

Perpetrator—Bully

The part of our personality that is abusive, hurts others:
- physically
- emotionally
- Spiritually
- sexually

Generally disregards the overall goodness of other living creatures.

Victim

The part of our personality that believes:
✓ hurt and pain given by others is justified and valid
✓ hurt received from others is for their own good
✓ people who love you can hurt you
✓ victims are taught to feel grateful for their victimization

Adult Adolescent Parenting Inventory (AAPI-2)

• AAPI-2 is made up of five Constructs that measure parenting Beliefs:
  • A. Inappropriate Expectations
  • B. Lack of Empathy
  • C. Strong belief in Corporal Punishment
  • D. Reversing Family Roles
  • E. Oppressing Power and Independence

Philosopher

• Knowing their beliefs and practices
• Knowing what they know and what they don’t know

Investigate & Articulate
PARENTING PHILOSOPHY

Scientist

• Understanding the differences between personal truths, beliefs, opinions, and facts.
• Not just working off of what was done to them, what they accomplished, or what worked for them.
Clinician/Service Provider

• Having insight and an understanding of behavior.

Practitioner

• Do I practice and teach healthy, proven strategies and techniques?

Principles of Nurturing Parenting

Self-awareness is a crucial aspect in Nurturing Parenting.

“The unexamined life is a life not worth living.”
Socrates

“Insight leads to choices; choices lead to changes; changes lead to liberation.”
James Hollis, The Middle Passage

Structure of Nurturing Programs

Nurturing Parenting Programs are skill-focused, competency-based programs designed to correspond to the developmental age level of children.

Structure of Nurturing Programs

Nurturing Parenting Programs are also designed to meet the unique learning needs and cultures of families.

Structure of Nurturing Programs

Nurturing Parenting Programs emphasize the importance of parents learning new parenting skills and family members learning new and healthier ways to live together.
Principles of Nurturing Parenting

Nurturing Parenting instruction is based on psycho-educational and cognitive-behavioral approaches of learning.

Principles of Nurturing Parenting

Nurturing Parenting embraces the theory of “re-parenting.”

Continuum of Parent Education Services

- See the family as a system.
- The focus of all services should be to build empathy among all staff family members.
- Parenting exists on a continuum and requires a developmental process.
- People learn on two levels, cognitive (head) and affective (feelings). Old School parenting speaks to the head only.

NURTURING PHILOSOPHY USED TO PROMOTE INFANT AND EARLY CHILDHOOD MENTAL HEALTH

- Adults who feel good about themselves (Self Worth) as men and women stand a better chance of being nurturing parents.
- Given a chance, all families would rather display happy, healthy interaction. Believe in people when they do not believe in themselves!

Understanding Behavior

- Cognitive level: Understanding (head)
- Affective level: feelings (stomach)

Self Concept = messages and thoughts of self

Self Esteem = Feeling about self

Self Concept + Self Esteem = SELF WORTH
An elder Cherokee Native American was teaching his grandchild about life. He said to his grandchild...

* A fight is going on inside of me ... and it is a terrible fight and it is between two wolves.

One wolf represents fear, anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego.
The other wolf stands for honor, joy, peace, love, hope, sharing, serenity, humility, kindness, benevolence, friendship, empathy, generosity, truth, compassion, and faith.

The same fight is going on inside of you and inside of every other human being too.

After thinking about it for a minute or two, the grandchild asked her grandfather, “Which wolf will win?”

The old man leaned toward his grandchild and whispered… “The one you feed.”

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- Mother of 2 sons (Alec & Aaron)
- Business Owner and Operator