

Sprout Center for Emotional Growth and Development is proud to present the following trainings and professional development experiences.

Please contact us at sprout@sproutcenterconsult.com to schedule.

<p>Infant and Early Childhood Mental Health in Practice (IMH 101) <i>Erin Troup, LPC, NCC, CT, IMH-E (IV-C)®</i></p>	<p>Building Attachment and Attunement Techniques to Support Infant and Early Childhood Mental Health Work (IMH-2) <i>Erin Troup, LPC, NCC, CT, IMH-E (IV-C)®</i> <i>Stephanie Wier, LPC</i></p>	<p>What's Next? Supporting an Individual with Postpartum Depression <i>Stephanie Wier, LPC</i></p>	<p>The Complex Emotional Needs of Children Exposed to Parental Substance Misuse <i>Erin Troup, LPC, NCC, CT, IMH-E (IV-C)®</i></p>
<p>This full-day training supports anyone working with children and families to be able to identify positive ports of entry with families, as well as areas where the parent-child relationship could use more support. The training also explores special concerns around infant and early childhood mental health such as: parental mental health, substance use, behavioral issues, and poverty. Participants will be able to practice real strategies to gain more information about the relationship and where to be helpful to reduce stress and burnout with special populations.</p>	<p>This presentation will look closely at ports of entry where home visitors can support building attachment and attunement with parents and their children. Participants will learn to use new tools and strategies as they think more deeply about how everyday interactions they already engage in can be used in different ways to support the parent-child dyad.</p>	<p>This presentation helps providers identify potential barriers when facilitating conversations regarding postpartum depression symptoms and treatment. Discussion around ways to “normalize” common presentations of postpartum depression in order to increase likelihood of connection to a treatment modality will occur. We will also build capacity for identifying local and accessible postpartum resources available to clients and their families.</p>	<p>This presentation focuses on the children who have been affected by multiple losses and changes as a result of parent or primary caregiver substance misuse. As a clinician who focuses on the social emotional supports and behaviors exhibited by children, Erin will discuss how these multiple traumas and losses are manifesting as well as what has been observed in terms of behavior following prenatal exposure.</p>

<p>Applying Trauma Informed Care Approaches within Evidenced Based Treatments Across Early Intervention <i>Stephanie D Wier, LPC, NCC</i> <i>Traci Ziemkiewicz, OTR/L</i></p>	<p>Supporting Trauma and Trauma Related Behaviors in the Classroom <i>Erin Troup, LPC, NCC,CT, IMH-E</i> <i>(IV-C)[®]</i></p>	<p>Caring During COVID <i>Erin Troup, LPC, NCC,CT, IMH-E</i> <i>(IV-C)[®]</i></p>	<p>Attachment: A Deep Dive into the Parent-Child Relationship <i>Erin Troup, LPC, NCC,CT, IMH-E</i> <i>(IV-C)[®]</i></p>
<p>This course will help therapists identify these stressors and incorporate a trauma-informed care perspective to improve therapy outcomes. We will explore definitions of trauma and toxic stress within the family system, identify signs or symptoms, and how to integrate trauma informed care within evidenced based practices across all domains within early intervention services.</p>	<p>In this presentation, participants will learn about the origins of trauma on a developing brain and the lifelong challenges that may accompany those changes. Participants will learn how to recognize “trauma behaviors” from “traditional behaviors,” and gain tools to be able to intervene in a variety of positive ways.</p>	<p>COVID-19 has impacted the world and has caused medical and educational professionals to be in the spotlight. This presentation looks at the themes that have been occurring as a result of COVID, both the positives and negatives. Unconventional self-care strategies, as well as ways to foster connections on-line will be discussed.</p>	<p>This presentation takes a deep dive into attachment and how it presents developmentally and behaviorally. Participants will be able to label developmental stages and critical periods of attachment. Behavioral identification of positive and difficult attachments will be discussed, and interventions to support attachment will be presented.</p>
<p>Decoding Difficult Behaviors and Applying Strategies to Support Resiliency <i>Erin Troup, LPC, NCC, CT IMH-E (IV-C)[®]</i> <i>Patty Maxwell, M.Ed., M.S., BSL</i></p>	<p>A Therapeutic Approach to Behavioral Modification and Management in the Classroom <i>Rachel Stolarski, MS, NCC, LPC</i></p>	<p>Supporting LGBTQAI+ Students in the School Setting: A Therapeutic Approach <i>Rachel Stolarski, MS, NCC, LPC</i></p>	
<p>In this session we take a closer look at the effects of trauma on young children and how to understand “age-appropriate behaviors” vs “trauma related behaviors.” We will give concrete techniques and strategies to better help and understand how to guide a child and family who have experienced trauma.</p>	<p>This presentation will outline behavioral management and modification techniques that can be used in the classroom setting from a therapeutic lens. The presentation will discuss how a therapeutic mindset can help to improve behaviors as well as relationships and communication with students.</p>	<p>This presentation will discuss general information and background of the LGBTQAI+ population and talk about the ways that students who identify in this population can be supported. The presentation will outline a therapeutic approach for supporting, advocating for, and working with LGBTQAI+ students.</p>	