

# Embodied Childraising

3 day training

April 2, 3, & 4, 2019 | 9:00 am - 4:30 pm



Raising children is not just a logical process - it is relational, visceral, sensory, emotional, and above all, an embodied experience. We are practiced and comfortable living in our head but have become disconnected from our bodies.

**“Knowledge is only a rumor until its in the muscle.”  
(Proverb)**



Kirstie Seaborne  
Embodied Parents

Echo is partnering with Kirstie Seaborne to bring a one-day training on “responding to children under pressure - changing our embodied response to challenging behaviors.” Kirstie will help you identify the physical and mental patterns that kick in when you are under pressure and then teach you how to embody a new, more connected and attuned response. This training is suitable for parents or any professional working with children.

## Topics covered:

- Soothe and regulate your own and the child’s nervous system
- Embody a safe, compassionate and connected presence
- Take intentional, confident action, in the heat of the moment and develop emotional resilience and resources over the long term
- Be more skillful and influential in the face of anger, conflict, resistance, control, and opposition.

## Fees

Early Bird \$325, Standard \$375

Group fee is \$300 per person, there is a minimum of 3 people to qualify  
Partial scholarships available, visit our website for details

## Time & Location

9:00 am - 4:30 pm, registration starts at 8:30 am

**April 2:** The California Endowment, 1000 N. Alameda St., Los Angeles, CA 90012

**April 3 & 4:** Echo Offices, 1000 W Sunset Blvd. #201, Los Angeles, CA 90012

## Continuing Education

For each training, 6 CE credits are available for an additional \$30.

Echo is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for MFTs, LCSWs, LEPs, and LPCCs. Echo maintains responsibility for all programs and their content.

**For additional requests, accommodations, questions, or grievances about this training contact us at [training@echotraining.org](mailto:training@echotraining.org) or (213) 484-6676**