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## Challenge Parents Association

CPA invites you to attend our Parent Education Presentation:

# Transforming Intensity

## Inspiring Greatness through the Nurtured Heart Approach

**Catherine Stafford, MSW, LCSW**

6:30 pm Wednesday, May 11, 2016

Preceded by CPA General Meeting at 6:00pm

Terrace Park Elementary Commons

5409 228th St SW | Mountlake Terrace, WA 98043

Join other CPA families for this evening of fun and learning. A light meal and childcare will be provided starting at 5:45.

Contact us at [challengeparents@gmail.com](mailto:challengeparents@gmail.com) with number and age of children.

The Nurtured Heart Approach was developed by Howard Glasser in the 1990s, in response to his observation that using traditional parenting and therapy approaches with many challenging and intense children can actually worsen their behavior. Traditional methods backfire when we inadvertently reward children with more adult energy, relationship and animation when things go wrong. Catherine Stafford will provide an introduction to the Nurtured Heart Approach and share how it can help to:

- Understand the unique dynamics of the challenging child
- Shift a child toward using his/her intensity in successful ways
- Create a deeper sense of success & inner wealth for the child

**Catherine Stafford, MSW, LCSW, Certified NHA Trainer and Coach**, is a wife and mother of four wonderful children ages 19, 16, 14 and 8. She received a Master's in Social Work from the University of Washington in 1994. Catherine became a Certified Advance Trainer of the Nurtured Heart Approach in 2009 and since that time she has authored 5 NHA books, trained locally and nationally and co-hosts a monthly podcast with Howard Glasser, creator of the approach and Chairman of the Board for the Children's Success Foundation.

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