

At The Echo Center, (formerly Center for Nonviolent Education and Parenting), we're dedicated to reimagining the parent/child dynamic. We offer program participants a whole new way of looking at family building.

We help people throughout the community move away from fear-based judging toward empathetic nurturing. And we're all about raising children with care and building loving, respectful families.

Since 2000, The Echo Center has been helping families in Los Angeles and around the world. Please visit [theechocenter.org](http://theechocenter.org) to learn more, and join the global movement of parents and professionals who dare to imagine a world in which all children are raised with empathy and compassion, free from physical and emotional harm.

**RAISING CHILDREN WITH CARE.  
RAISING CHILDREN TO CARE.**

#### Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Agency \_\_\_\_\_

License # (If CEU's are needed only) \_\_\_\_\_  
\_\_\_\_\_

Register online at [cnvep.org](http://cnvep.org),  
by fax at 213.484.6646  
or mail to Echo Center Family Mental Health,  
P.O. Box 26938, Los Angeles, CA 90026  
Please make checks payable to The Echo Center

**THE ECHO CENTER**



1226 N. Alvarado St. • Los Angeles, CA 90026  
T: (213) 484-6676 F: (213) 484-6646  
W: [www.theechocenter.org](http://www.theechocenter.org)

# FAMILY MENTAL HEALTH

THROUGH THE LENS  
OF NONVIOLENCE

SIX CONTINUING EDUCATION CREDITS



October 15, 2010

9 am to 4 pm



*If we are to reach real peace in the world and if we are to carry on a real war against war, we shall have to begin with the children.*

- Mahatma Gandhi

The term “nonviolence” describes a commitment to treat oneself and others with deep respect. It is a belief in the basic goodness of all living things. Nonviolence is an all-encompassing perspective. It includes our thoughts, feelings, words, and actions. What we think and say matter.

The philosophy and practice of nonviolence in parenting applies the ideas of nonviolence to the relationship between parents and children. Their connection allows the child to learn to be a caring and empathetic human being, fulfilling his or her own dreams and wishes and at the same time supporting the dreams and wishes of others. Violence begets violence, while nonviolence begets nonviolence. We are raising children *with* care. We are raising children *to* care.

#### **Content will include:**

- Reframing challenging behaviors in children as strategies for meeting needs
- Recontextualising difficult behaviors within the framework of brain development
- Managing parental stress through a practice of self-regulation
- Exploring tools for helping families navigate through power struggles and conflict

## A NEW PARADIGM OF RAISING CHILDREN

Understanding the myriad challenges that families are facing helps professionals provide effective and meaningful support. Based on the research about attachment theory, interpersonal neurobiology, trauma informed care and social and emotional intelligence, this workshop lead by Ruth Beaglehole, M.A. and Stephanie Blank, L.C.S.W. will introduce mental health professionals to a new paradigm for assessment, diagnosis and treatment of children and families.

#### **Date and Time:**

Friday, October 15th, 9am to 4pm  
Registration is at 8:30am

#### **Location:**

Prototypes I-CAN  
2555 E. Colorado Blvd, Suite 100  
Pasadena, CA 91107  
Free onsite parking is available behind the building in the garage on Nina street.

#### **Course Fee:**

\$75 for early registration (ends October 1st). \$85 for standard registration. Professional continuing education credits (six CEU's) are available for an additional \$40 fee.

#### **Registration:**

Online at <http://theechocenter.org>  
By phone: (213) 484-6676

#### **Who should attend:**

All interested mental health professionals are welcome. The Echo Center is approved by the California Board of Behavioral Sciences to provide continuing education credits for LCSW's and/or MFT's. Provider # PCE 4426.

#### **Refund Policy/Additional Information:**

Cancellations must be made 3 days prior to the workshop. A \$25 fee will apply. Substitutions are allowed. For other questions, please contact Azucena at [azucena@cnvep.org](mailto:azucena@cnvep.org) or (213) 484-6676 ext 311.

#### **RUTH BEAGLEHOLE, M.A.**

Ruth Beaglehole is the founder and Executive Director of The Echo Center. Her close observation of children began with her study at Wellington Kindergarten Training College, and in 1967, she received her B.A. in Education from Victoria University, New Zealand. Her Master's degree in Marriage, Family and Child Therapy is from Phillips Institute. Ruth founded both the Echo Park /Silver Lake People's Child Care Center and the Teen Parenting and Child Care program at the L.A. Technology Center for the Los Angeles Unified School District.



#### **STEPHANIE BLANK, L.C.S.W.**

Stephanie Blank has provided therapy to adults, children, and families for over 8 years. She is the Program Director of PROTOTYPES I-CAN Outpatient Mental Health Clinic where she facilitates supervision of clinicians who provide psychotherapy and assessment to families through the lens of nonviolence. Stephanie received her MSW from Boston University, and she is a certified parent educator for The Echo Center, bringing the philosophy of nonviolence in parenting to the clinical setting.

