

# Changing the Paradigm

## The Echo Approach to Families, Domestic Violence and Retraumatization

March 13th & 14th, 2012 9:00 am - 4:00 pm

Center for Healthy Communities @ The California Endowment, 1000 N. Alameda St. Los Angeles, 90012



This conference is presented in conjunction with the Violence Prevention Coalition of Greater Los Angeles,

and is funded in part by the John Gogian Family Foundation.



Register online at [echoparenting.org](http://echoparenting.org) or return the included registration card by mail or fax



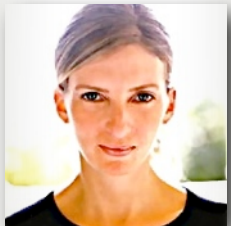
Violence Prevention Coalition  
of Greater Los Angeles





## RUTH BEAGLEHOLE, MFT

Ruth was born in New Zealand where she gained a B.A. in Education and a Diploma in Preschool Teaching. After she settled in the U.S., Ruth founded a preschool for the children of working people in Echo Park and then became a parent educator for the Los Angeles Unified School District (LAUSD). After going back to school to earn her M.A. in Marriage, Family and Child Therapy, Ruth established a model program for teen parents within LAUSD, which she ran for 16 years. When Ruth retired, she founded Echo Parenting and Education to continue her critical work supporting safe, healthy child-raising. Ruth has received many awards, including the 2010 Betty Fisher Award from the Los Angeles County Domestic Violence Council in recognition of her work in breaking the cycle of violence within families and her challenge to the DV service providers to incorporate the Echo Approach standards of care.



## SUSAN HESS, MSW

Susan has a Masters in Social Work from the University of Southern California and has worked as a clinical social worker with survivors at a women's shelter. She taught MFT graduate students on DV and child abuse at California Lutheran University and now teaches MSW graduate students at the University of Southern California; she also is a field instructor for MSW interns from California State University Northridge. Susan began working with Echo in 2009, training staff in five different Los Angeles domestic violence shelters in the Echo Approach to caring for survivors and their children.



## MARGARET HOBART, PhD

Margaret has worked in organizations focused on ending violence against women since 1982, when she began volunteering for the Pasadena Rape Hotline. she worked at West Covina's YWCA WINGS in the 80's, before moving to Washington State. Margaret created the Washington State Domestic Violence Fatality Review Project in 1997 and led this research and community organizing project until 2002, then focused on providing technical assistance to other states regarding DV fatality reviews from 2003 to 2005. Margaret currently coordinates WSCADV's Children's Justice Initiative. She is a contributing author, along with Anne Ganley, PhD, to Washington State's *Social Worker's Practice Guide to Domestic Violence*. Margaret received her PhD in Political Science from the University of Washington in 2003.

# Changing the Paradigm

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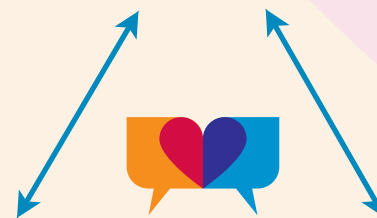
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## DAY ONE

### Introduction to the Echo Approach

Based on the philosophy and practice of nonviolence in childraising, the Echo Approach has been embraced by family therapists, childcare workers and domestic violence service staff to inform and shape their interactions with parents and children. Many nonprofit organizations as well as educational and government institutions exposed to the principles of the Echo Approach have asked for training not only in creating new standards of trauma-informed 'empathetic care' for their clients, but also in transforming their organizational culture into a healthy environment that promotes well-being and cooperation. The first day of conference programming reflects the core belief that human beings should be treated with dignity and respect. We are especially concerned about the most vulnerable among us – children – who need nurturing care to heal from trauma.

### Nonviolence in Raising Children



Trauma Informed Care

Shelter Culture

Program material will include:

- Preventing re-traumatization
- Understanding the effects of trauma on the brain
- Supporting the survivor in their role as a parent
- Breaking the cycle of violence
- Helping children to heal
- More...

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### DAY TWO

#### Stream A: "Thinking Shelter"

(For domestic violence shelter staff **teams**\*)

Margaret Hobart on rethinking shelter rules

How can we keep our shelters safe, clean, and cooperative? How do we avoid becoming coercive and punitive? This day-long workshop is a chance for staff to discuss how rules can reflect our ideals, think through the practical problems rules are meant to address, and build skills for creating a cooperative, respectful environment that honors each person's dignity.

\* A **team** is one or more persons who provide direct services (advocates) and at least one person with supervisory and policy making duties (such as a shelter manager) and ideally, an executive director. Why **teams**? The training will include multiple opportunities for participants to consider how the information offered in this training could be adapted to their program. *This can be done most effectively when line staff and management attend **together**.*

#### Stream B: "Deepening the Practice"

(For professionals working with families who have experienced violence)

Echo Approach workshops on trauma-informed, nonviolence in childraising

This second day of conference programming provides opportunities for professionals to develop strategies for applying the tools and techniques of the Echo Approach into their unique professional settings. How do we each make the paradigm shift away from judgement and toward empathy? Deepening our own personal practices is necessary in order to convey kindness and respect to others. Program material for this day will include:

- Feelings and Needs: a new framework for understanding 'behavior'
- Regulation: triggers, the 'anger volcano' and tools for regulation
- Strategies for supporting traumatized children
- More...



#### Registration Form

(Please print clearly. Your confirmation receipt will be sent via email.)

Name \_\_\_\_\_

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

Phone \_\_\_\_\_

Email \_\_\_\_\_

Agency \_\_\_\_\_

#### CEU's

Echo Parenting & Education is approved by the California Board of Behavioral Sciences to provide continuing education credits for LCSW's and/or MFT's. Provider # PCE 4426. To receive CEU's, please indicate type of license/certification and license number.

Type \_\_\_\_\_

License # \_\_\_\_\_

#### Payment

All registrants are encouraged to attend both days of the conference. Single day registration is available for \$75 per day. Registration includes continental breakfast and lunch. There are no refunds issued for cancellation, but substitutions are allowed. Please retain a copy of your registration form.

Early Bird Registration: \$125 (ends February 15, 2012)

After February 15, 2012: \$150

CEU's: \$40

**Please Register by March 2, 2012**

Total Amount Enclosed \$ \_\_\_\_\_

Vegetarian lunch? Y N

Register online at [echoparenting.org](http://echoparenting.org),  
by fax at 213.484.6646,

or mail to Echo Parenting DV Conference,  
P.O. Box 26938, Los Angeles, CA 90026.

Please make checks payable to  
Echo Parenting & Education.

If we want a culture based on caring and meaning, we have to envision it and begin building it ourselves.

-Philip Greven



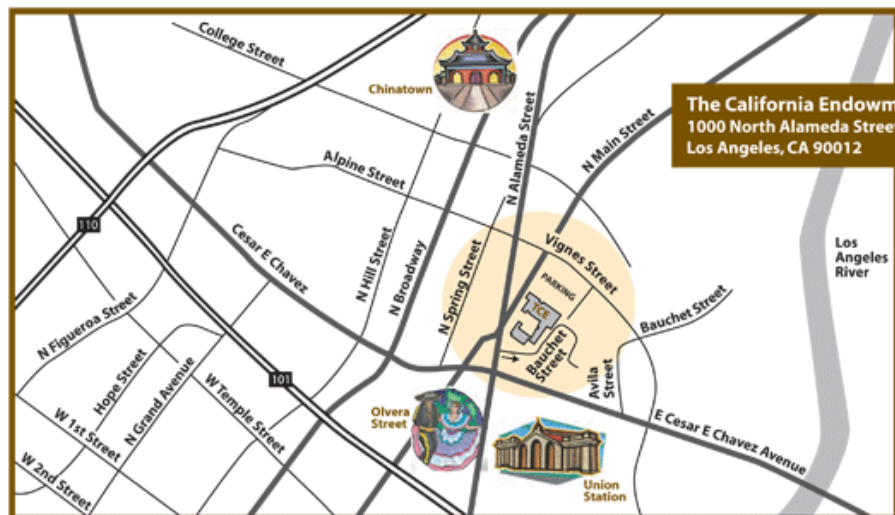
The Echo Approach.

March 13 -14, 2012.



At Echo Parenting & Education, 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 1999, Echo Parenting & Education has been helping families in Los Angeles and around the world. Please visit [echoparenting.org](http://echoparenting.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.



The California Endowment  
1000 North Alameda Street  
Los Angeles, CA 90012

The Center for Healthy Communities is located at The California Endowment, 1000 N. Alameda St, Los Angeles, CA 90012.

Onsite parking is available free of charge. Please call CHC at 866.833.3533 for directions or parking details.



P.O. Box 26938 • Los Angeles, CA 90026  
T: (213) 484-6676 F: (213) 484-6646  
W: [www.echoparenting.org](http://www.echoparenting.org)