

## **Self Regulation, Dysregulation, & Co-regulation Part II: Neurodevelopmentally Informed Teaching and Parenting**

Neurodevelopmentally informed parenting and teaching focuses on co-regulation in order to nourish the relational reward system, the foundation of self-regulation, effective relational skills, functional sensory processing, cognitive capability and an overall feeling of well-being. Identifying the sequential neurodevelopmental needs of a child and intervening from the bottom-up aligns teaching and parenting goals with a child's primary developmental needs. Learn effective tools for identifying and implementing sequentially appropriate, relationally relevant interventions that support optimal development of self-regulation.

**Robbyn Peters Bennett**, LPC, CMHS, is a psychotherapist, educator, and child advocate who specializes in the treatment of mental health problems due to early abuse and neglect. She served as a Child Mental Health Specialist and the Clinical Director of Catholic Community Services Residential Treatment Center in Bellingham, WA. She also served as Clinical Director for Presbyterian Hospital's inpatient psychiatric program in Albuquerque, NM. She has worked extensively with families involved with child protective services, the foster care system and adoption support. Her therapeutic modality is grounded in depth psychology having trained with the North Pacific Institute for Analytical Psychology. She is also Phase II certified in the Neurosequential Model of Therapeutics (NMT), a neurodevelopmentally informed assessment process useful in working with traumatized children through the Child Trauma Academy.

Robbyn lectures nationally on the topic of trauma and the effects of harsh punishment. In her TED talk, she addresses the long-term effects of spanking and other forms of domestic violence on long-term health. Her life's work is aimed at ending child abuse and all forms of violence against children. She is the founder of StopSpanking.org, a non-profit dedicated to educating the public on the dangers of spanking and on positive parenting alternatives. She is VP, with the U.S. Alliance to End the Hitting of Children, an organization dedicated to supporting the movement to end spanking in the US.