



Tina Feigal, M.S., Ed. is a former school psychologist who offers parent coaching and training for professionals in Present Moment Parenting, featuring the Nurtured Heart Approach. She coaches parents

and teachers of children 2 -18 on a variety of topics. Tina specializes in placing the healing of behavior directly into the hands of adults who care for children. Empowerment of parents, teachers, and child care providers is Tina's passion. She works with parents of children who have ADHD, Oppositional Defiant Disorder, Giftedness, Attachment Issues, and those who have no diagnosis, but are just "intense."

Tina is the founder of the Center for the Challenging Child, LLC, where she shares highly successful techniques to transform challenging behavior in children of all ages. Her book, *The Pocket Coach for Parents: Your Two-Week Guide to a Dramatically Improved Life with Your Intense Child* includes the CD, "60 Minutes with Parent Coach Tina Feigal". Tina teaches Developmental Psychology and created and conducts a parent coaches' training certification program at Adler Graduate School in Richfield, MN.

Visit Tina's website @
www.nurturedheart.com

Sponsored by:

NDSU
Extension Service

Cass County Extension Service
Region V Parenting Resource Center



Supported by:



Prevent. Promote. Protect.
Fargo Cass Public Health



SENDCAA Head Start &
Early Head Start



Red River Valley
ASPERGER NETWORK



Region V Children's
Services Coordinating
Committee

Serving Cass, Barnes, Richland, Sargent,
Steele, and Traill counties

NDSU is an equal opportunity institution.

Transforming the Challenging Child:

The Nurtured Heart Approach

Created by Howard Glasser, M.A.

**Wednesday,
July 29, 2009**

9:00 a.m. - 12:30 p.m.

**NDSU Festival
Concert Hall**

**12th Avenue North & Bolley Drive
Fargo, ND**

Presented by:

Tina Feigal, M.S., Ed.
Parent and Teacher Coach

Author: *"The Pocket Coach for
Parents: Your Two-Week Guide to
a Dramatically Improved Life with
Your Intense Child"*

Ever wonder why typical parenting, therapy, and teaching techniques are ineffective with some children? Learn ways to bring about real change in parent and child behaviors with proven methods. The approach applies to children with ADHD, ODD, autism, giftedness, or any child, ages 2-18, whose behavior does not improve with typical techniques.

Arguments, tantrums, time-outs, bad language, sibling fights, trouble at school, video games, overindulgence, problems with peers, refusal to cooperate, difficult mornings, challenging bedtimes ... learn to resolve them all!

Workshop Objectives

The participant will be able to:

1. Describe concepts that allow parents and professionals to see the big picture and fully understand the dynamics of challenging behavior from a physiological perspective, rather than a willfulness perspective.
2. Explain why typical parenting and teaching techniques don't work with these children.
3. Shift a challenging child to using his or her intensity in successful ways, even if the child has ADHD, oppositional defiant disorder, giftedness, or is challenging in some other way.
4. Reduce the need for medications.
5. Choose techniques for creating successes that are far more extensive and powerful than existing approaches.
6. Utilize techniques for avoiding the traps of accidentally "rewarding" negativity while still upholding perfect accountability.

Agenda

8:30-9:00 a.m.

- ❖ Registration/Refreshments

9:00-9:15 a.m.

- ❖ Welcome/Opening Remarks

9:15-11:00 a.m.

- ❖ Communications Effect on the Childs Body

- ❖ The Family Meeting/Implementation

11:00-11:15 a.m.

- ❖ Break

11:15 a.m.-12:30 p.m.

- ❖ Implementation Continued
- ❖ Understanding Individuation
- ❖ Avoiding Triggering Opposition

Registration Procedure & Deadline

Registration deadline is July 24, 2009.

Registration fee is \$30.00 which includes conference materials and refreshments.

Pre-Registration is required. Registration is non-refundable.

Attendance certificates

Attendance certificates for three contact hours will be available at the conclusion of the conference.

CEUs have been approved for:

- Childcare Providers
- ND Social Workers
- NBCC Counselors

Tina's book will be available for purchase by cash or check only. No credit/debit card sales. Cost is \$15.

Transforming the Challenging Child - Registration Form

Registration due: July 24, 2009

(please print)

Name _____

Day Phone _____

Email (for registration confirmation) _____

Address _____

City _____ State _____ Zip _____

Organization _____ Title/Position _____

Registration: ☐ \$30.00

(make check payable Cass County Extension)

Make checks payable to
Cass County Extension

Return to:
Cass County Extension
PO Box 2806
Fargo, ND 58108-2806
Phone: (701) 241-5700

Requests for accommodations related to disability should be made by calling Angela Berge at 701-241-5700, one week before the class.