



ParentGuidance.org Mental Health Series Brief Series Descriptions

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* Available in Spanish



Brief Course Descriptions:

1 * YOUR CHILD'S ANXIETY

Learn simple strategies that will help parents respond to their child's anxiety. When applied, these skills will help the child and parent bond, allowing the child to identify and work through their anxiety more effectively. Learn three key words to help manage anxiety:

- Notice: What's causing the anxiety?
- Notify: What is the anxiety trying to tell you?
- Need: What does your body need to help calm down?

-Course created by Jenna Riemersma, LPC, EMDR, CSAT, CMAT, IFS

2 * WHAT PARENTS NEED TO KNOW ABOUT SUICIDE PREVENTION

Dr. Greg Hudnall offers experience and expert advice around how parents can help to prevent suicide. Our session will include:

- The Basic Principles of Mental Health
- Why does suicide occur?
- The Warnings Signs of Suicide
- What Not to Say and Do
- What You Need to Say and Do
- Where can you go for help?

-Course created by Dr. Greg Hudnall, Founder of Hope Squad

3 * BUILDING YOUR CHILD'S CONFIDENCE

Children are continuously trying to understand their place in the world and how they fit in with their family, their friends, and other relationships. Parents can play a big role in helping their children understand who they are. This session will teach parents strategies they can use to help their children develop a confident and healthy identity by covering:

- Habits & Patterns
- Developing traits of resiliency
- Developing a growth mindset
- Continuous opportunities for connection

- Course created by Dr. Kevin Skinner, LMFT, CSAT, EMDR



4 * HELPING YOUR CHILD SUCCEED – THREE PARENTING STYLES

Principle-based parenting is grounded in truths and strategies proven effective. These strategies will improve connection and happiness while decreasing delinquency and depression. Learn practical ways you can improve parental warmth. Parental warmth is one of the key areas of principle-based parenting. Children who experience parental warmth are found to be more creative, experience less depression, and have healthier self-esteem. Parents will learn about:

- Parental Warmth
- Behavioral control
- Psychological control

- Course created by Dr. Kevin Skinner, LMFT, CSAT, EMDR

5 * SOCIAL MEDIA: PROTECTING YOUR CHILD

Protecting children from technology that moves so fast, is very difficult to manage. Oftentimes, the way parents react can make the issues worse.

In this session, learn the parenting pitfalls, as well as practical solutions to effectively managing technology use. Session topics include:

- Guiding Principles of Effective Parenting
- Educate About the Truth of Our Devices
- Device Awareness
- Avoid Being Blindsided
- Expecting Challenges
- Disciplined Parenting

-Course created by Dr. Kevin Skinner, LMFT, CSAT,
EMDR

6 * DE-ESCALATING CYCLES OF CONFLICT

Some parents feel like they're stuck in a constant cycle of conflict with their children. Learn strategies to break the cycle of conflict designed to help parents have more calm and productive conversations with their children. Our session will help parents learn to:

- Identify relational conflicts that are repetitive
- Gain awareness and understanding of anger triggers
- Learn the unique skill of speaking FOR your parts, rather than FROM them, which is a powerful tool to de-escalate conflict and enhance real relationships.

-Course created by Jenna Riemersma, LPC, EMDR, CSAT, CMAT, IFS



7 * WHY OUR CHILDREN SELF-HARM

What can parents do when they have a child that is self-harming? It can be a scary and confusing experience that is tricky to understand. There are tools to help parents understand why this happens and what they can do to help. This session covers the following:

- Factors that can create the desire to self-harm
- Self-harm is not the same as suicidal ideation
- Signs your child is self-harming
- Reasons why your child might be self-harming
- How parents can help

-Course created by Jenna Riemersma, LPC, EMDR, CSAT, CMAT, IFS

8 * ESTABLISHING HEALTHY BOUNDARIES

Have you ever been in a situation where you didn't know the right boundary to create for your child? In this session, learn how to set healthy boundaries with your children that will help them thrive. Session topics include:

- Know the goal-Understanding your ultimate parenting goal
- Walk the walk-How to empower ourselves with our own boundaries to better help our children
- Talk the talk-How to use our words in a way that will help our children to get to their goal.
- Pull the plug-How to identify when you need to work on yourself first before you can help your child

-Course created by Jenna Riemersma, LPC, EMDR, CSAT, CMAT, IFS

9 * EMOTIONAL REGULATION - RECOGNIZING WHAT'S WRONG PART 1

Emotional regulation is the key to life! Nothing else matters than being able to control our emotions. The first step to creating healthy emotional regulation is recognizing what's wrong. Session topics include:

- Why do we have emotions?
- The Impact of Inward Emotions on Mental Health
- Why Emotions Being too High or Low Can Be Harmful
- Tools to Understand Our Child's Emotions

- Course created by Brett Williams, LMFT



10 EMOTIONAL REGULATION - INTERRUPTING NEGATIVE EMOTIONS PART 2

Emotional regulation is the key to life! For many parents, they know what's wrong but are at a loss as to how to respond. The second step to respond to negative emotions is to interrupt. Session topics include:

- How to intervene early to interrupt negative emotions
- Tools to quickly interrupt emotions by changing physiology of our body
- Tools to quickly interrupt emotions by changing thinking

- Course created by Brett Williams, LMFT

11 EMOTIONAL REGULATION - MANAGING & REPLACING NEGATIVE EMOTIONS PART 3

Emotional regulation is the key to life! Help your children replace and create new patterns by practicing and applying new tools, at the right time. Session topics include:

- How to create effective quiet time in order for kids to center themselves and regulate
- Positive parenting-How to talk to your child to help them regulate and neutralize their emotions
- Positive parenting-How to effectively discipline and reward in a positive way that helps manage emotions

- Course created by Brett Williams, LMFT

12 * BULLYING – STOP THE CYCLE

Bullying is a pervasive issue that Dr. Melissa Lopez-Larson has seen growing exponentially over the past several years. In this course, we will learn how to identify bullying, treatment options, strategies for prevention, and more. We will discuss:

- What bullying is and isn't
- Who bullies and who gets bullied?
- Stopping the bullying cycle
- Bullying in social media
- Bullying in school
- Bullying in sports

- Course created by Dr. Melissa Lopez-Larson, M.D.



13 EVERYDAY HAPPINESS

Our brain creates thinking patterns, and we have the power to change those patterns into more positive thoughts. We will explore our left and right brain patterns, discuss negative and positive thinking patterns and how to implement simple changes that can have lasting effects by doing the following:

- Bring awareness around negative thinking habits, like comparing
- Shift your thinking patterns from negative to positive
- Implement 4 steps in your thinking patterns to create positive thinking

- Course created by Brett Williams, LMFT

14 YOUR ACTIVE CHILD: ADHD

In this course you will learn tools and strategies for children and teenagers with ADHD to help manage time, stay focused, and handle homework for success at school. There are multiple types of ADHD but this course focuses predominantly on Inattentive ADD, Hyperactive/Impulsive ADD, and a combination of the two.

Dr. Skinner shares with parents the following:

- Watching for signs
- Discusses challenges associated with ADHD
- Explores solutions for treatment
- How to manage the symptoms in the home

Participants will not only build understanding of ADHD but also leave with a few new learning aids for kids with ADHD, as recommended by psychologists.

- Course created by Dr. Kevin Skinner, LMFT, CSAT, EMDR

15 * DEPRESSION – YOU'RE NOT ALONE

More than 264 million people suffer from depression. Learn more about depression as we explore:

- Where depression comes from
- Why people have depression
- The role your genetics play into it
- Common depression symptoms and what you can do if you or your child is experiencing these symptoms
- Access a depression self-assessment often used by doctors and therapists and provide parents a link to the assessment for future reference

- Course created by Dr. Kevin Skinner, LMFT, CSAT, EMDR



16 * ABC'S OF SUBSTANCE USE & VAPING

In this course we address concerns around substance use, the health issues from vaping and possible mental and emotional influences on your child. Discussion will center around some of the facts behind e-cigarettes and behavioral changes to watch for in your child. In addition, we will answer the big question - how do you talk to your teen about substance use and what signs to watch for if you suspect your child is using or addicted to substances.

-Course created by Shannon Clauson, LMFT, and Dr. Kevin Skinner, LMFT, CSAT, EMDR

17 UNDERSTANDING EATING DISORDERS

Research shows children as young as 3 years old are developing body image issues. Eating disorders are a collection of thoughts, feelings, and behaviors often manifested as a way to control something. This course explores the resources to better equip parents to have conversations with their child around concerns with eating disorders. Eating disorders can significantly impact family dynamics. They can create challenges in the parent-child relationship as well as affect sibling and marital relationships. Families often struggle with knowing how to talk to their child about their eating habits. This course will focus on the following:

- Differences in eating disorders
- Relationships with food
- Symptoms and types of eating disorders
- Signs to look for
- How to help someone dealing with an eating disorder

You will leave this course with a comprehensive understanding of eating disorders and practical tools to support your loved ones.

-Course created by Dr. Abrams, PsyD & Angel Adams, MFTA

18 NAVIGATING DIVORCE WHEN CHILDREN ARE INVOLVED

Learning to navigate divorce when children are involved can be difficult. Consider your child's needs throughout the divorce process by talking to your child about upcoming changes. Focus on what influences you have on your child. Learn to avoid common parenting pitfalls many parents make after divorce, such as sending mixed messages, negative talk, or putting your child in the middle-man position when communicating with your ex-partner and how this affects your child.

-Course created by Dr. Abrams, PsyD and Dr. Skinner, LMFT, CSAT, EMDR



19 * GRIEF – THE HEALING PROCESS AFTER LOSS

Everyone will experience grief in their lives, but how we work through the grieving process is different for everyone. This course outlines what grief is, the five phases of grief, and the importance of allowing ourselves to face the feelings associated with those phases instead of avoiding them. It is important to remember children grieve as well, and signs to watch for if your child is grieving. Loneliness, isolation and helplessness are all normal feelings that accompany grief, but when should a loved one step in and offer support or seek help.

-Course created by Dr. Abrams, PsyD and Dr. Ted Wiard, LPCC, CGC

20 SCHOOL AVOIDANCE

Many parents are facing the challenge of getting their child to attend school. School avoidance is a pattern of refusing to attend school, not just truancy or skipping class. This course encourages parents to:

- Explore the WHY's behind their child avoiding school
- Encourage parents to ask questions to help identify the problem(s)
- Understand the internal story their child is telling themselves
- Consider medical or emotional concerns

Brett Williams also talks about the importance of parents using their intuition to explore the WHY's with their child and learn to create a sense of trust, empathy, and a listening ear so their child feels heard and understood.

-Course created by Brett Williams, LMFT

21 MINDFULNESS FOR IMPROVED MENTAL HEALTH

Mindfulness is a state of awareness and is often used as a therapeutic technique. This course explores the essentials of mindfulness practice such as learning to grow and develop into the fullness of who we are meant to become. We will explore the benefits of mindfulness such as seeking wholeness, improve focus, boost self-awareness, and connecting to your own emotions and the emotions with those around you. We will discuss the importance of posture, concentration, and the importance of being intentional.

-Course created by Thomas McConkie, Mindfulness Teacher



22 TALKING WITH YOUR CHILD ABOUT PORNOGRAPHY

90% of children are exposed to pornography and the average age of exposure is between 11 and 12 years old. Parents can learn how to:

- Caution their child about pornography
- Learn about resources to help guide parents as they talk about pornography with their children, even as young as 3-6 years old.
- Learn common mistakes most parents make when discovering their child has viewed or is viewing pornography
- Parents learn the importance of creating a sense of understanding and openness with their child
- Learn to avoid putting shame on the child and explore the negative effects pornography has on the brain

-Course created by DeVon Mills, PhD

23 EFFECTS OF SCREEN TIME & YOUR CHILD'S MENTAL HEALTH

Multiple studies have shown a strong link between heavy social media usage and an increased risk for depression, anxiety, loneliness, self-harm, and even suicidal thoughts. Dr. Skinner explains the rapid acceleration of anxiety and depression and how it may be linked to the amount of time teens are spending on social media. This course also

- Encourages parents to create and teach healthy boundaries,
- Shares ideas with parents on how to talk to your child about screen time usage,
- Importance of having a preventative plan implemented in your home
- Planning activities to replace downtime when kids likely turn to screen time

- Course created by Dr. Kevin Skinner, LMFT, CSAT, EMDR

24 PARENTING YOUR CHILD THROUGH ANXIETY & DEPRESSION

Renowned clinicians from ParentGuidance.org provide invaluable tools for guiding children through Anxiety and Depression. This course equips parents with practical strategies to foster emotional resilience in their children. From understanding the impact of emotions and energy on mental health to exploring disruptors for managing stress, this session offers actionable insights tailored to today's parenting challenges. Parents can expect to learn:

- Tools for guiding children through Anxiety and Depression
- Strategies for fostering emotional resilience
- How to manage stress effectively
- The root causes of Anxiety and Depression

- Course created by Brett Williams, LMFT



25 HOW TO MOTIVATE YOUR CHILD

Some parents are at a loss on how to motivate their child, constantly nagging them to finish their chores, clean their room, or do their homework. Motivation stems from seeking pleasure or avoiding pain. If a parent's current methods for motivation are not working, this course will teach:

- Positive and negative reinforcement
- Results of negative reinforcement
- Tips to keep a child's motivation going
- Developing intrinsic values within your child

- Course created by Brett Williams, LMFT

26 SUPPORTING YOUR LGBTQ+ CHILD

Parents and families of LGBTQ+ youth will benefit from this session through exploring ways to create a supporting environment at home, giving your child space to share their feelings, so that they feel comfortable talking to you. Together, we will learn strategies and skills that ultimately help you on the journey of being a caring adult of an LGBTQ+ child/teen/adult.

This course outlines for parents how to support your child:

- The ideal first response to your child
- Ask questions to better understand your child and what they are experiencing
- What to do if the parents initial response didn't go well
- Steps to take after the first discussion
- Key takeaways

-Course created by Dr. DeVon Mills, PhD and
Dr. Kevin Skinner, LMFT, CSAT, EMDR

27 COMPASSIONATE PARENTING & SELF-COMPASSION

Self-compassion strongly supports your mental health, well-being, and your child's mental health. Being a parent can be stressful at times. It is important for parents to develop self-compassion and model compassion for their children. This course teaches:

- What is compassionate parenting
- Why is it important
- How does showing compassion help our children
- Tools & exercises for developing self-compassion

-Course created by Dr. Abrams, Psy.D & Dr Parkin, PhD



28 RECOGNIZING CHILD ABUSE

As parents and caregivers, it is important to know the signs of child abuse. The first step in helping abused or neglected children is learning to recognize these signs. We will model how to take a closer look at the situation and give you the skills to know when these signs appear repeatedly or warrant further action. This course addresses the following:

- Forms of abuse – physical, sexual, verbal and emotional, and child neglect
- Why child abuse trauma impacts behavior
- Common signs of child abuse
- Ways to protect against sexual abuse, including the importance of talking to your child
- Listening to your intuition

- Course created by Amy Lindstrom, PhD

29 SUPPORTING YOUR CHILD AFTER TRAUMA

Whether a child has personally experienced trauma, has seen the event on television, or has merely heard it discussed by adults, it is important for parents to be informed and ready to help if stress reactions begin to occur. In this session we will focus on the signs that are common at different ages that can help parents recognize problems and respond appropriately. Through interactive discussions and expert guidance, parents will:

- Understand the emotional impact of trauma on children, including Adverse Childhood Experiences (ACEs)
- Recognize signs of distress and trauma responses
- Learn how to create a safe and supportive environment for healing
- Foster open communication and reinforce love and support
- Establish healthy routines to promote stability and security
- When to seek professional help

- Course created by Amy Lindstrom, PhD

30 UNDERSTANDING VIDEO GAME ADDICTION

Video game addiction can negatively impact the family dynamic. Gaming can cause problems in the parent-child, sibling, and marital relationships. Conflict may be high as families struggle to know how to talk to the individual about their gaming habit. This series will focus on the following:

- Signs to watch for - Is their usage an addiction?
- Reasons for the constant urge to engage in video games
- Rewards inside and outside of video games
- Learn the importance of connecting with your child
- Helping your child manage their emotions outside the gaming world

- Course created by Angel Adams, MFTA



31 BODY POSITIVITY – NURTURING SELF-IMAGE

Understanding body image is crucial for fostering a positive environment within your family. This course will guide you through essential topics to deepen your understanding and empower you with practical tools. Our journey includes:

- Understanding Body Image – unraveling the intricacies that shape our perceptions
- Influence of social media – shedding light on how social media contributes to body image issues
- Importance of Positive Self-Talk
- Developing a Healthy Relationship with Food and Exercise
- Coping Mechanisms

By the end of this course, you will have a comprehensive understanding of body image issues and practical strategies to support a healthy family environment.

-Course created by Angel Adams, MFTA

32 UNDERSTANDING LONELINESS IN CHILDREN

Addressing loneliness in children is essential for their well-being. In our upcoming discussion, we will dive into this topic, exploring the pivotal role of play, roleplay, and teamwork in fostering social connections. We'll look at strategies for schools, families, and friendships, emphasizing the importance of nurturing both community and extended family ties. Additionally, we will discuss the benefits of open communication. Our focus is on equipping you with practical insights and tools to foster strong connections with your children, helping combat loneliness and nurture meaningful relationships.

- Course created by Dr. Kevin Skinner, LMFT, CSAT, EMDR