



pac/lac



LOS ANGELES COUNTY - FAMILY, CHILDREN, COMMUNITY, ADVISORY COUNCIL

In Collaboration with

LOS ANGELES COUNTY-DEPARTMENT OF PUBLIC HEALTH

MATERNAL, CHILD, AND ADOLESCENT HEALTH PROGRAMS

&

PERINATAL ADVISORY COUNCIL- LEADERSHIP ADVOCACY & CONSULTATION

Presents:

JEFF COTTON, MA, MFT

"TEN HABITS OF HIGHLY SUCCESSFUL PARENTS & PROFESSIONALS"

WHEN:

Tuesday, June 7, 2011

9:30 AM---3:30 PM

8:30 AM - REGISTRATION

WHERE:

St. ANNE'S MATERNITY HOME

155 Occidental Blvd.—Foundation Room

Los Angeles, CA, 90026

COURSE DESCRIPTION:

"Ten Habits of Highly Successful Parents and Professionals," presented by Jeff Cotton, LMFT, will be an experiential, pragmatic, hands-on teaching of the power we posses to affect change.

The training will focus on the best ways to elicit alliances and cooperation with our clients. It is our ability to communicate (listening and speaking) effectively, which will facilitate our ability to be role models for truth, to be less co-dependent and anti-dependent, and to become more inter-dependent. After attending this training you will be able to form healing alliances with other adults, and to keep growing within yourselves.

The **Ten Habits** are effective in helping adults form healing connections with children. The workshop is a smorgasbord of pertinent philosophies and therapeutic strategies with an emphasis on critical communication skills and self-awareness. It is designed to be practical in renewing the spirit and intention of parents and professionals as they face the challenges of better serving their children.

While work can be exhausting, our personal issues and counter transferences are major stumbling blocks that impede the successful completion of work. It is critical to acknowledge what is pushing our personal buttons. In fact, there's no way out of the reactive prison if we think someone else put us in the prison. This training is about self-awareness and acceptance of our issues as vehicles by which we make peace with others and with the world.

TRAINING OBJECTIVES:

At the end of this workshop, participants will be able to:

- Describe the 10 habits of highly successful adults.
- Understand how underlying themes (e.g., self esteem, abandonment, physical/sexual abuse, addiction) influence symptomatic day-to-day triggers.
- Gain clarity about fear and control issues, preferences and attachments.
- Describe your own "buttons."
- Better understand the pragmatic tools needed to work with children.

WHO SHOULD ATTEND: Administrators, Child Care Professionals, Child Life Specialists, Community Leaders, Children Protective Service Workers, Health Educators, Faith Based Leaders, Legal/Law Practitioners, Nutritionists, Parents, Psychiatrists, Psychologists, School Personnel, Social Workers, Therapists, Victim-Witness Advocates and Volunteers.

EDUCATIONAL METHODS: Lecture; group exercises and discussion; and audience participation. Depending upon the number of participants attending, this course will be highly motivating and challenging for professional and personal interaction.

<u>SPECIAL NEEDS</u>: To ensure availability of an American Sign Language (ASL) Interpreter and/or other special accommodations, you are advised to make your request no later than May 23, 2011

<u>COST:</u> \$45.00 includes: Continental Breakfast, Lunch, and CEU'S. After May 27, 2011 and onsite registration is \$65.00

REFUND/CANCELLATION POLICY: A refund will be given if notification is received at least 72 hours prior to the event or if the event is cancelled due to insufficient enrollment. After 72 hours (3 days) a refund will be given, minus a processing fee of \$5.00. ABSOLUTELY NO REFUNDS will be given to individuals who do not appear for the course, or who fail to cancel.

CONTINUING EDUCATION CREDIT INFORMATION:

<u>CEUs for LCSW's and MFT'</u>s will be provided by Los Angeles County - Department of Public Health Services. This course is approved for <u>4.0</u> Continuing Education Units by the California Board of Behavioral Science Examiners (Provider Number PCE # 3704).

<u>CHES:</u> The National Commission for Health Education Credentialing, Inc. designates Los Angeles County Department of Public Health, Health Education Administration (LACDPH/HEA) as a provider of continuing education contact hours (CECH) in health education (Provider number MEP 2460). Certified Health Education Specialists may receive up <u>4.0</u> Category I CECH for this event.

NURSES: The Perinatal Advisory Council-Leadership, Advocacy and Consultation (PAC/LAC) is an approved provider by the California Board of Registered Nursing Provider CEP 5862. This course is approved for <u>4.5</u> contact hours of continuing education credit.

| Requesting CEUs/: Please Circle: | Yes | No |
|--|-----|----|
| If yes, please indicate your Profession and License #: | | |
| If no, would you like a certificate of participation? | Yes | No |

PARTICIPANTS ARRIVING MORE THAN 15 MINUTES LATE FOR A 1 HOUR PROGRAM OR 30 MINUTES LATE FOR A 2 HOUR (OR MORE) PROGRAM WILL NOT BE GRANTED CEU CREDITS. PARTIAL CREDIT WILL NOT BE AWARDED.

<u>DIRECTIONS/ PARKING:</u> St. Anne's is located at 155 Occidental Blvd, Los Angeles 90026. Parking is free at St. Anne's. For directions to the center, please consult the following websites: <u>www.mapquest.com</u> or Googlemaps

Due to limited enrollment, early registration is recommended.

PLEASE REGISTER BY MAY 27, 2011,

LATE AND ON-SITE REGISTRATION \$65.00

REGISTRATION FORM

To confirm, return the registration form via mail to the address indicated below. E-Mail confirmation will be sent upon receipt of the completed form with check. Concerns with registration, contact Sherelle Brown at 213-639-6407 or shebrown@ph.lacounty.gov

EVENT DATE: Tuesday, June 7, 2011

8:30 AM (Registration & Continental Breakfast)

CONFERENCE:

8:30 AM to 3:30 PM

PLEASE TYPE/PRINT CLEARLY

| Last Name: | | First Name |
|-------------------|---|---|
| Professional Titl | e: | |
| Agency Name: | | |
| Agency Address | } | |
| City | | Zip Code: |
| Agency Phone: | | Agency Fax: |
| Please provide y | your e-mail address to receive a | a confirmation receipt. |
| MAKE CHECK | (S) OR MONEY ORDER (S) OF | ⁼ \$45.00 PAYABLE TO: ** <i>LAC-FCCAC</i> ** |
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| (LOS ANGELES (| | DMMUNITY, ADVISORY COUNCIL) |
| | Check # | DMMUNITY, ADVISORY COUNCIL) |
| | Check # Money Order: # | |
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| | Check # Money Order: # NO CREDIT C. Check(s) to Sherelle Brown, 600 \$ | ARDS ACCEPTED |

