



Nurtured Heart Approach to Parenting Group

Group Description: The Nurtured Heart Approach is a relationship-focused strategy which helps children and caregivers build their confidence and use their intensity in successful ways. The core of this strategy is the "3 Stands". Stand 1 is not engaging children when the rules *aren't* being followed. Stand 2 is complete engagement with the child when the rules *are* being followed. Stand 3 is providing clear and consistent consequences when the rules are broken. NHA is a powerful way of awakening the greatness in *all children* while facilitating parenting and classroom success. The essence of the Approach is a set of core methodologies originally developed for working with the most difficult children. It has a proven impact on every child, including those who are challenged behaviorally, socially and academically. The Nurtured Heart Approach has also been shown to create transformative changes in children diagnosed with ADHD, Oppositional Defiant Disorder, Reactive Attachment Disorder and other behavioral, emotional and anxiety related issues – almost always without the need for long-term mental health treatment. Even children experiencing social cognitive challenges, like Autism, can benefit greatly from the Approach thus reducing the need for traditional mental health and medical interventions.

Goals for this parent group are as follows:

- To provide a supportive environment where caregivers, who are using NHA, can learn more about the Approach from not only trained professionals but their peers too.
- To access caregiver success stories which will be shared in this open forum to encourage others to be relentless in their use of NHA.
- To provide a place where caregivers can problem solve situations which have occurred in their homes using the Approach.
- To provide DCS and Probation with a positive, relationship based service which will support the children and families they support.

Population: Male and female adult caregivers may attend. Teen parents will be considered on a case by case basis.

Sessions: Group sessions last approximately 6 weeks and are closed new participants after the first session. New referrals will be placed in the next rotation.

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