

A Better Way Presents...



***Improving Child and Family Outcomes
through Reflective Practice and Collaborative Partnership
with Terese Gjernes, PsyD***

May 23, 2016 | 9am-4pm | CEs available | No fee | Fairfield, California | Register by 5/20/2016

Register Here: <https://abetterwayinc.wufoo.com/forms/zlhzyehbl5jwarq/>

This training is provided by **A Better Way, Inc.** in partnership with **Chabot Los Positas Community College District** and **Alameda/Solano Counties**. Public and Private Child Welfare Staff are encouraged to attend. A Better Way Title IV-E Training Supports AB 636 Child Welfare Outcomes for SAFETY, PERMANENCE AND WELL BEING. This course meets the BBS requirement for 6 CEs. Only MFT/LCSW CEs are provided for this training. CEs are provided by A Better Way, Inc., Provider # PCE3870. Participants must attend all hours to receive CE credit.

Training Description

We will develop tools for improving outcomes for children and families through Reflective Practice and relationship-based interventions. Through didactic and interactive activities, participants will practice and learn reflective and relationship-based interventions in order to strengthen the collaborative partnership with families and with the systems of care surrounding infants and young children. We will also learn how these practices can help reduce burn-out for providers.

Learning Objectives

- Develop skills and methods for applying reflective and collaborative practices with children, families and with the surrounding providers.
- Understand and practice optimal use of Self in relationship-based interventions.
- Develop tools for the professional application of mindfulness, as well as your own reflective capacity.
- Learn how the development of mindfulness and one's reflective capacity supports clients and families, as well as reduces likelihood of provider burn-out

Trainer **Terese Gjernes, Psy.D.**, is a Licensed Psychologist. She trained and worked for the Infant Parent Program at University of California/San Francisco from 1999 through 2002. She helped found and develop A Better Way's 0-5 Program and worked as a clinician and supervisor for A Better Way for over 13 years. She is endorsed by California Center for Infant-Family and Early Childhood Mental Health as a Reflective Practice Facilitator II and as an Infant-Family and Early Childhood Mental Health Specialist. She is an adjunct faculty member at John F. Kennedy University for the Somatic Specialization in Counseling Psychology Program. She maintains a private practice in Berkeley, CA, working with children, families and adults, and has practiced yoga and mindfulness for over 27 years.