

A Better Way Presents...



## ***Supporting Healthy Brain, Body and Social-Emotional Development in Infancy and Early Childhood***

*with Terese Gjernes, PsyD*

June 13, 2016 | 9am-4pm | CEs available | No fee | Fairfield, California | Register by 6/8/2016

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

---

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**

Through didactic and interactive activities, participants will learn how to support optimal brain development, from pre- and post-natal through age 5. Participants will also learn how to support social-emotional development in young children through working with their families and caregivers. We will work with protective factors in promoting well-being, as well as risk factors and preventing maltreatment.

### **Learning Objectives**

- Understand how the brain and nervous system develop pre-natally and post-natally.
- Learn how to optimally support an infant and young child's development through interaction and play.
- Learn ways to support caregivers in their enabling of the infant and young child's mental, physical and social-emotional development.
- Learn ways to promote well-being, to reduce risk and to prevent maltreatment.

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.