

Meltdowns to Shutdowns

Emotional Regulation and Stress Management Group

Tuesdays (parent and child) and Fridays (child only):

5:00-6:00 pm

Meeting dates: Classes begin March 5 through March 29, 2019.



Open to students, ages 8 to 11 years old.

Lead Instructor: Cassandra Harms, Child and Adolescent Therapist

Many children struggle to cope with the stress created by the fast pace of their lives. Children with low thresholds for frustration, tendencies toward negativism, or difficulties tolerating losing or not getting their way, demonstrate this stress with an extreme emotional reaction (meltdown) or a closed emotional reaction (shutdown). This class will help children to learn to recognize their feelings *before* becoming overwhelmed by them. In addition, this group will:

- Discuss how kids can cognitively manage their emotions by realizing when they may be vulnerable to a stressful situation,
- Teach relaxation techniques, improving the children's ability to calm themselves, so they can make better choices about how to react in different settings,
- Practice communicating about feelings, in a way that increases the chance of others hearing them,
- Recommend problem solving skills for the students to use in group situations.

A collaborative approach to the group will provide parents with a better understanding of how the concepts relate to the entire family and gives them an opportunity to participate in weekly parent trainings. Parents will have individualized support specific to their child and receive help in understanding and generalizing new concepts.

Classes are held at the Center for Developing Minds and will be moderated by Cassandra Harms, LMFT, and therapist interns (MFT-Ts). Course fee is \$800.00 for the eight class sessions, including the weekly parent sessions. Class size is limited to provide participants with personal attention.



To register for these programs, please contact the Center for Developing Minds at 408.358.1853
www.devmonds.com

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