



Beyond Consequences Institute, LLC
1630A 30th St. #488 · Boulder, CO 80301 · 303-993-8379
www.beyondconsequences.com

Beyond Consequences: Helping Families Heal

Parent Training

Full Day or Keynote/Breakout

This course will examine how stress and trauma affect a child's ability to regulate behaviors, how a history of trauma compromises a child's ability to respond, develop reciprocal relationships, and brain development from conception on. Memory, emotions, and stress are elements that will be discussed as they pertain to many of the common childhood mental health disorders such as reactive attachment disorder, ADHD, oppositional defiant disorder, and childhood depression. This course offers effective options and strategies for children and families that go beyond traditional cognitive behavioral techniques in order to create healing homes for families with wounded children.

Beyond Consequences: Understanding the Traumatized Child

Professionals

Full Day or Keynote/Breakout

This workshop will examine the impact of trauma on a child's emotional and physiological development and will offer a new understanding of common childhood mental health disorders (reactive attachment disorder, ADHD, oppositional defiant disorder, bi-polar, and childhood depression). Children with traumatic experiences are often seen to have difficulty controlling their behaviors. Traditional behavioral and parenting techniques are not only ineffective for these children, but often times escalate the intensity of the behaviors. Effective, loving options and tools for professionals will be discussed and explained so that professionals working with parents can be better equipped and have a deeper understanding of what it means to raise a child with trauma.

Beyond Consequences in the Classroom

School Staff/Administrators, Parents, Professionals

Full Day or Keynote/Breakout

Many children, who may be doing well early on, can suddenly demonstrate negative and out-of-control behaviors once they start their academic careers. School environments present a tremendous challenge to many of our children due to the increase in social interactions and the demands placed on their focus, concentration, and performance. This workshop will examine the impact of life experiences on a child's development and will offer a new understanding of challenging behaviors for children in the classroom. A fresh perspective, with effective classroom tools, will be discussed and demonstrated successfully create environments to return our children to the love of learning.



Beyond Consequences Institute, LLC

1630A 30th St. #488 · Boulder, CO 80301 · 303-993-8379
www.beyondconsequences.com

Issues Facing Adoptive Mothers (and Dads)

Parents

Keynote/Breakout

All too often, families find that “raising trauma” can quickly shift a home into a state of disequilibrium or many times into utter chaos. This workshop is based off of a research study by the presenter on the stressors mothers face in raising children with traumatic histories. Published in the *Journal of Social Work*, this study not only validates parents’ struggles, but also reassures these parents that they really aren’t going crazy! The research findings from this exploratory research study will be presented along with a comprehensive discussion of parent related post-adoption issues and solutions.

Giving Your Children Their Story

Parents

Keynote/Breakout

Sharing your child’s trauma story can be an emotionally challenging event. It requires you to tap into the depths of your soul to absorb the pain, anguish, and powerlessness your child went through. Yet, this is a vital part of your child’s healing process and it is a “must” on the track to building trust and strong relationships. Heather discusses “how” to do this not only from a cognitive and logistical standpoint, but from an emotional and feeling perspective. She incorporates the “7 Golden Rules of Story Telling” so that you have clear and concise guidelines on how to give your children their story in the most effective and healing way possible!

Developmental Trauma

All Attendees

Keynote/Breakout

Exposure to trauma during the most critical developmental years of a child’s life can have a profound and life-long impact. So many of our children’s histories are plagued with multiple layers of chronic and prolonged abuse, abandonment, and/or neglect. There is nothing simple about it. The result is “Complex Trauma” and from a parenting perspective, the multiple challenges faced on a day-in-and-day-out basis can be overwhelming. Heather will look at the different levels of development that are compromised due to experiencing trauma during the critical periods of childhood. These include cognitive, language, academic, physical, social, and emotional development. More importantly, solutions to help your child overcome these developmental deficits will be given.



Beyond Consequences Institute, LLC

1630A 30th St. #488 • Boulder, CO 80301 • 303-993-8379
www.beyondconsequences.com

Stopping Sibling Rivalry

All Attendees

Keynote/Breakout

If you have more than one child, chances are that you have experienced sibling rivalry in your home. While sibling rivalry is nothing new, the level and intensity of it can be exponentially magnified when one of more of the children in your home has a history of trauma. Trauma undermines a child's placement in the family system and it compromises a child's regulatory system. Heather will discuss what drives our children to such heightened levels of intensity when interacting with their siblings. She will explain how trauma impacts the child's emotional security in the family and more importantly, how to successfully address it in your home and restore harmony back into your home.

Heather Talbert Forbes, LCSW

Author of *Beyond Consequences, Logic, and Control, Vol. 1 & 2, Dare to Love, and Help for Billy*



Brief Biography:

Heather T. Forbes, LCSW, is co-founder and owner of the Beyond Consequences Institute. Forbes has worked with nationally recognized attachment professionals in the field of trauma and attachment since 1999. She is an internationally published author on the topics of adoptive motherhood, raising children with difficult and severe behaviors, and self-development. Forbes lectures, consults, and coaches parents throughout the U.S., Canada, and the U.K., working to create peaceful, loving families. She is passionate about supporting families by bridging the gap between academic research and "when the rubber hits the road" parenting. Much of her experience and insight on understanding trauma, disruptive behaviors, and adoption-related issues comes from her direct mothering experience of her two adopted children.