

North Mianus School PTA

Invites Parents from
North Mianus, Riverside and Old Greenwich Schools
to Attend a Lecture
With Dr. Julia A. Trebing

POSITIVE PARENTING

The Program Includes

How and why to build
Emotional IQ

Why be imitation worthy

How to build self-esteem
through positive explanatory
style

Learn a gift for a lifetime
'how to self-soothe'

Understand children's mistaken
goals and how they lead to
misbehavior

Know the inverse power
of praise and what to
do instead

Learn the favorite healing
technique of families who have
been to the **cottage**

Find out the research
on punishment and
rewards and switch to the 3C's

Followed by Questions and Actions

Wednesday, April 8, 2015
7:00-8:30 pm
309 Palmer Hill Road, Riverside

The presenter, Julia A. Trebing is the director of CREATIVE THERAPIES at the cottage in Stamford, CT. She is a Doctor of Psychology with post-doctoral study in Neurology. She is a Board Certified Expert of Diplomate status for the American Academy of Traumatic Stress and a Certified Professor and Supervisor for the International Examiners of Child Psychotherapy and Play Therapy.

For over twenty-five years, Dr. Trebing has offered psychological care for children and their families and parenting programs. She has lectured nationwide on topics including *True Discipline* and *The Ages and Stages of Child Development*. While she continues to lecture year round, she volunteers her Positive Parenting lecture, free, to local schools, parenting organizations and churches during the month of April. She says, "It's the most important job you'll ever have and it comes with no training." She has asked the President, Governor and Mayor to proclaim April 'Positive Parenting Month.' Today, she is well known and acclaimed for her unique and successful, short-term, solution oriented therapy with children, which involves the parents and requires weekly home

assignments. Her work is highlighted in the book,
Short-Term Play Therapy for Children and at
creativetherapies.net