

Gestalt Associates and The Gestalt Institute of

Central Ohio have been providing innovative and effective psychotherapy and post-graduate training for more than 30 years.

Parenting From Your Heart

is our outstanding parenting skills series based on our collective experience working with children and their families. We are proud to offer this comprehensive program to your community.

Faculty

Norman Shub, BCD

Marjorie Mapes, LISW-S, RPT-S

Norman Shub has worked around the world. His Working Paper series is used by clinicians, universities, and institutes in many countries. Both Norman and Margie have extensive training and experience with individual children and families.

"I wish that we had taken the class a few years ago. I think we could have saved ourselves (and the kids) from some stressful interactions by "allowing" them to struggle. We appreciated the emphasis on this as a positive emotion necessary to strengthen your child and his self-esteem." Ann Pema

Please register early. While we hope to never cancel a workshop, it may be necessary due to low registration.



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Learn To Be A Great Parent!

Parenting from Your Heart

February 2011



**Building
Successful Families**

**Jones Middle School
welcomes**



GESTALT INSTITUTE OF CENTRAL OHIO

The Closest Thing to a Parenting University!

Learn more about these concepts...

- Raising your child's self-esteem
- Improving your skills for being effective parents
- Parenting together more effectively with your partner
- Dealing with conflict within your family

Building successful families is more than just learning intellectual concepts and ideas. It is experiential, sharing, and exploring how to apply, in the moment, the skills of the *Parenting From Your Heart* process with your children and family. The parenting program is concrete, and each session gives you an opportunity to hear the concepts, listen to other experiences, and then have the opportunity to learn how to integrate them into your parenting and family life.

In addition to the unique way this is taught, *Parenting From Your Heart* includes the "Voice of the Child". Child therapist, Margie Mapes, makes vivid what a child actually feels by sharing from the child's perspective, responses to issues, questions, problems, situations and ideas, philosophy, and sharing of the participants in the program.

"I can't say enough good things about the class. It has confirmed some of the positive things we were doing in our home but has also helped us to begin to focus on the things we need to work on and how we can get there."

Heather LeBoeuf

Session Series

Session #1

Connecting

- Joining
- Looking
- Hearing
- Seeing
- Noticing
- Responding
- Acknowledging

Session #2

Melting & Supporting

- Ability to drop your defenses and let your vulnerable self emerge in the interaction.
- Noticing when you move from okay to not okay, fluid to rigid, soft and flexible to hard and right.
- Being caringly connected during a difficult time
- Why is support necessary?
- What makes up support?

Session #3

Fair Fighting & Building a Child-Focused Home

- Handling a conflict with your child in a way that focuses on the situation and not the child
- Understanding how to help your child learn and grow by avoiding using shame, blame and fear
- Creating opportunities for your child to expand, experience and develop by integrating your child in processes and opportunities you normally don't think about as parents.

Tuesdays
7:00 - 9:00 pm

Jan. 25 & Feb. 1, 8, 2011
Makeup day, in case of snow cancellation
Feb. 15

Jones Middle School Learning Center
(2nd floor)

Parenting From Your Heart February 2011

Please mail completed registration forms
and payment directly to:

Nancy Rapport
Jones Middle School
2100 Arlington Ave
Upper Arlington, OH 43221

Name _____

Street _____

City _____ State _____ Zip _____

Home Phone _____

Work Phone _____

Email _____

The fee for this workshop is \$50 for individuals,
\$90 for couples.

Method of payment:

☐ Check# _____

Make check payable to:

Gestalt Institute of Central Ohio

☐ Cash

For more information, please call
Nancy Rapport, 7th grade counselor,
at 614-487-5084
or email nrapport@uaschools.org.



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