

# Post Adoption Resource Center Newsletter Oakland County

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## The Nurtured Heart Approach

On September 12, 2015, in partnership with the Adoptive Family Support Network, Orchards Children’s Services will be brining Annie Lange to our agency to do a training on the Nurtured Heart Approach. We are extremely excited about this opportunity and feel that it is such a unique way of parenting children that are battling the traumas that they faced prior to their entry into foster care. Thus, in preparation for this training we are dedicating this issue of the PARC Newsletter to the Nurtured Heart Approach as we believe it could be very beneficial to so many of the adoptive families that we serve.

“The Nurtured Heart Approach is a relationship-focused methodology founded strategically in The 3 Stands for helping children (and adults) build their Inner Wealth and use their intensity in successful ways.” “This approach has become a powerful way of awakening the inherent greatness in all

children while facilitating parenting and classroom success.”

The three stands taken by parents with the Nurtured Heart Approach are:

1. I refuse to energize negative behavior . I will not react with elevated energy, attention and relationship to disruptions and outburst that distract from my child’s greatness.
2. I will relentlessly energize the positive as much as possible, I will work immediately to identify, describe, and express appreciation for steps in the right direction, large and small. I will actively initiate opportunities for my child to be successful.
3. I will maintain total clarity about rules that demonstrate fair and consistent boundaries. I will consistently enforce rules and provide immediate con-

sequences through resetting each rule that is broken. I will recognize the behavior in the moment and create that next moment as an opportunity for success.

The Nurtured Heart Approach was developed using the core methodologies that were created for working with the most difficult children. While the approach has been shown to work with all children, it has shown tremendous transformation in children that have been diagnosed with ADHD, ODD, RAD, and behavioral and emotional anxiety– diagnoses that many of our adoptive children have been given as a result of the trauma that they’ve experienced.

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Orchards  
Children’s Services  
*Strengthening the Community through  
Quality Services to Children and Families*

For more information on the Post Adoption Resource Center please contact us at

**313-530-9746**

Or visit our website at

**Www.parcwayne-orchards.org**

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# The Nurtured Heart Approach Con't ...

As many of the families that we serve have stated “nothing works” with the children that they have adopted that present with behaviors associated with the noted diagnoses. Where these other discipline methods fall short is that they do not build on the child’s Inner Wealth– which is “essential for children to build successful relationships.” “this method has helped thousands of families channel a child’s intensity in beautifully creative and constructive ways– helping children achieve new emotional portfolios of confidence and competency.”

The benefits of the Nurtured Heart Approach are vast below are the goals of the Nurtured Heart Approach:

1. To assist parents in understanding the unique dynamics and challenges of each child.
2. To assist the child in shifting their intensity into something positive and constructive.
3. To create a deeper sense of success and inner wealth in the child.
4. To build a family built on deep connection and trust.
5. To improve a child’s performance in all aspects of their life.
6. To end the punitive cycle of standard discipline approaches that reinforces negative behavior.

Some of the reviews of the Nurtured Heart Approach are as follows:

*“ We had been firm, consistent parents, just like ours had been. And we turned out okay. Well, surprise, different kids need different approaches. We’ve read a lot of books recommended by people. This*



*seems to combine the best of all of them and once we committed to the program, It was amazing to see the transformation in our child and in ourselves as parents. Our daughter finally seems able to dis-*

*cuss her behavior without exploding and without feeling like she is a bad person. We didn’t realize how we were feeding her behavior with traditional methods of discipline and we had an out of control and, more importantly, very unhappy child and household. The more we cranked down on our prior discipline, the more out of control she became, and the more helpless we felt. I’m amazed at this method and feel like we can use this for years.”*

*David, Parent.*

*“My husband and I were desperate to find an approach that worked for our high energy son. No form of discipline whatsoever would make him listen to us or follow rules. He had always been a handful but somehow things*



*had gone from bad to worse. The Nurtured Heart Approach transformed my son into a well behaved, considerate boy who listens to his parents. I would consider that a miracle, and I am eternally grateful!”*

*Anonymous, Mother*

**Information in this article has been taken and adapted from**

**[http://childrensuccessfoundation.com/about-](http://childrensuccessfoundation.com/about-nurtured-heart-approach/)**

**nurtured-heart-approach/**

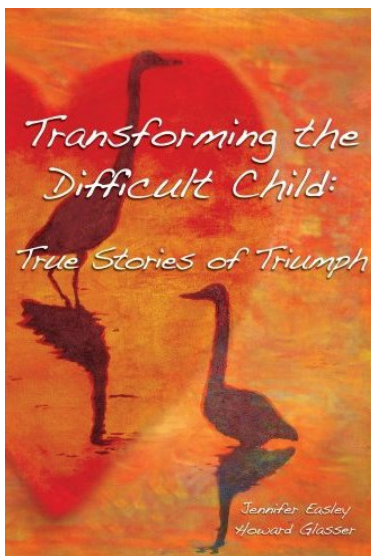
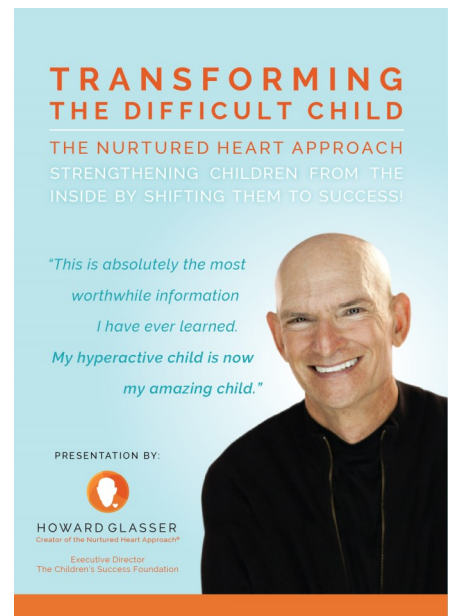
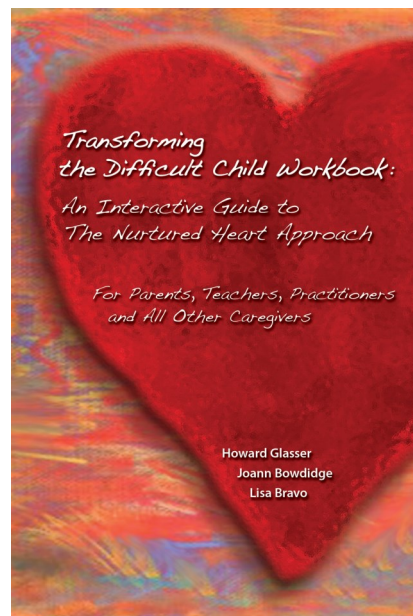
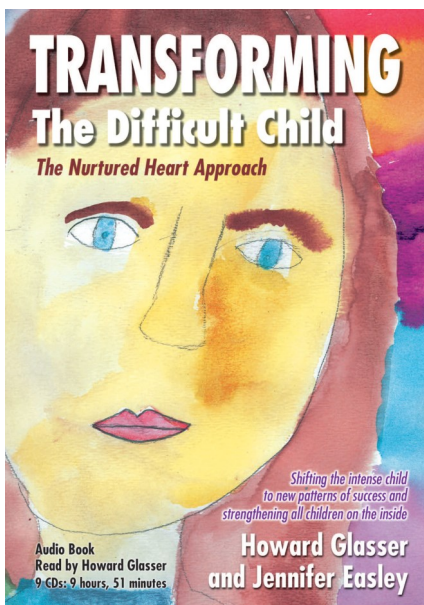
**For more information please contact Jennifer Harmon at 248-410-0727.**



## The Nurtured Heart Approach... Available Resources



**The Film: Intro to the Nurtured Heart Approach**  
In this 20-minute video, Howard Glasser, creator of the Nurtured Heart Approach, and expert parents and professionals introduce you to the benefits of the approach and the success it's having in homes, schools, and child advocacy agencies around the world. Please visit <http://childrensuccessfoundation.com/about-nurtured-heart-approach/> to view the video in it's entirety.



The books / DVD series above are strait from the professionals. However beneficial, I believe that a lot more people are willing to try and more open-minded when they hear about something that works from other parents, those who are truly down in the trenches right with you. The book to the left *Transforming the Difficult Child: True Stories of Triumph* is just that, information directly from the source. "This book is a compilation of heart-warming success stories of families, schools, and agencies that have implemented the Nurtured Heart Approach." "It offers dramatic depictions of an initially unimaginably difficult child being transformed into wonderful children who are using their capabilities and intensity in a positive way." The books / DVD series noted are all centered on educating parents about the nurtured heart approach, and many of them are available in PARC's lending library for parents to utilize. If you are interested in checking one, or more, of them out please contact Jennifer Harmon at 248-410-0727.

## Wonderful FREE Training Opportunity!!

**In partnership with the Adoptive Family Support Network, the Post Adoption Resource Center at Orchards Children's Services is so pleased to be able to bring Annie Lange to our agency to train our families.**

**Annie Lange, BSN, LMSW, ACSW**, is a licensed Social Worker and a Nurse. She is also an adjunct faculty professor in the School of Social Work at Michigan State University, where she teaches various practice courses in the graduate program. Annie has an active private practice working with individuals, couples and families for the past 15 years. In addition to practice and teaching, Annie has earned her Advanced Trainer Certification in The Nurtured Heart Approach. Annie's approach to therapy and teaching is eclectic and strength-based. Annie readily admits that her greatest teachers have been her six children, five of whom were adopted.



**Training Description:** The challenges facing parents and children of foster and adoptive families can often result in tremendous stress. This stress can be expressed through destructive acting out behavior, resulting in fractured family relationships. This can lead to more acting out for both child and adult, creating a negative vicious cycle. This cycle can lead to a sense of hopelessness. In this course, participants will learn how to support and access innate health through understanding concepts related to trauma, attachment and the power of thought. Concrete strategies will be taught to support solid family relationships based on neurobiology, mindfulness principles, self regulation and trauma informed attachment parenting. An introduction to The Nurtured Heart Approach© will be included.

**Date: September 12, 2015 / Time: 9:00 AM – 2:00 PM**

**Location: Orchards Children's Services  
24901 Northwestern Hwy., Southfield, MI 4807**

**Contact Jennifer Harmon at 248-530-7540 to reserve your spot today!**



The Post Adoption Resource Center of Wayne County is a program of Orchards Children's Services and is funded by the Michigan Department of Health and Human Services.

