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## 2 different types of workshops are offered

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1. Educational workshop series for parents
  2. Workshops series – *L'Essence du bien-être* (well-being for parents)
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### 1. Educational workshop series for parents

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This series of 5 workshops aims to accompany parents in their journey with their child; in particular by transmitting relevant information, allowing them to share their concerns and questions and to exchange with other parents. The small number of people (4 to 6 parents) allows spontaneous exchanges between the participants and the trainer, as well as among participants. These workshops take place in a calm and serene context, where there is acceptance, but also dynamism and pleasure.

The workshops are based on a conceptual model developed by Annemarie Couture, clinical director of *L'Essence en mouvement*. This approach takes into account the building blocks of child development in the areas of regulation, sensory, emotional, motor, relational and cognitive growth. It is based on different concepts and theories developed by both clinical experience and scientific research. It supports an understanding of the individual as a whole, but also, in all its complexity and uniqueness.

#### **Target audience:**

These group workshops are for parents with challenging children and parents who are keen to learn and want to support their child's development. Examples include children who experience difficulty sleeping, eating, managing emotions (including anxiety) or with challenging behaviors. Similarly, the program also aims to support parents of children diagnosed with ASD, Intellectual disabilities, ADD / ADHD, sensory or motor processing disorder, insecure attachment and others.

#### **General information:**

Address: 246 Lacharité, LaSalle, H8P 2B8

Telephone: (514) 363-3531

Email address: [info@lessenceenmouvement.org](mailto:info@lessenceenmouvement.org)

Duration: 2 hours

Cost: 250\$/person for the series of 5 workshops or 375\$/per couple

Method of payment: cash, check at L'Essence en mouvement or e-transfer to [info@lessenceenmouvement.org](mailto:info@lessenceenmouvement.org)



### **WORKSHOP 1: Presentation of our conceptual model**

- Participants' introduction: getting to know one another, sharing expectations, concerns etc.
- Presentation of our conceptual model: the building blocks of development and well-being
- Conversations to facilitate understanding between the model and your child's needs and preferences

### **WORKSHOP 2: The Polyvagal Theory by Stephen Porges**

- Presentation of our vision and philosophy regarding behaviors and development, based on Stephen Porges's Polyvagal Theory and our clinical experience.
- Explanation of the importance of physiological and emotional regulation and its impact on eating (appetite, digestion, elimination), falling asleep and maintaining sleep, sensory processing, motor skills, including balance, fine and oral motor skills, attentional abilities, communication, management of emotions and associated stress behaviors (i.e.: opposition, aggression, rigidity, excessive discomfort, etc.).

### **WORKSHOP 3: Sensory processing**

- The importance of the integrity of our senses to promote healthy and harmonious development, namely motor, emotional, relational and cognitive levels.
- Overview of the functions and roles of each of the senses (touch, proprioceptive, vestibular, auditory, visual, olfactory, taste)
- Sensory manifestations in a child with regulation challenges. We will discuss the hyper and hyposensitivities of the different senses, mentioned above, and their daily impact.

### **WORKSHOP 4: Sensorimotor strategies and introduction of the 5 steps of Self-Reg method**

- **Sensorimotor strategies to attain or maintain a state of well-being.**
- **Introduction of the 5 steps of the Self-Reg method by Stuart Shanker**
  - Recognize the signs of stress – Reframe the behavior
  - Recognize the stressors
  - Reduce the stressors
  - Reflect
  - Respond - Strategies

### **WORKSHOP 5: PACE method: *Playfulness, Acceptation, Curiosity, Empathy***

- A method developed by the psychologist Daniel Hughes, to convey safety, build trust, and promote regulation, especially during difficult moments (e.g.: transitions, management of difficult emotions) or simply to accommodate the child in his uniqueness.



- This method promotes a sense of safety and security and promotes self-esteem for children, adolescents and even adults.
- It helps us deepen our relationships with others; whether they be therapeutic, parental or in life in general.

### **THEMATIC WORKSHOPS (optional)**

*These workshops aim to respond to specific parents' and children's needs*

#### **Theoretical and practical workshops:**

- Sensorimotor strategies to facilitate and promote regulation
- No-Drama discipline and your child's brain
- Therapeutic massage to decrease hypervigilance and tactile hypersensitivities
- Activities to promote gross and fine motor development
- Fun activities to stimulate the mouth to support language, eating and self-regulation
- Practical ideas for the homework period
- Questions and discussion session

## **2. Workshop series - L'Essence du bien-être (well-being for parents)**

*L'Essence en mouvement* also provides support to parents, not just in their parenting role, but as an individual. A healthy individual will certainly have the vitality necessary for the accomplishment of daily tasks, but it is to be hoped that she\he may also enjoy the beauties of life, including her\his own children.

Being a parent brings joy and happiness, but also concerns, stress and sometimes helplessness. Through these sessions, we will try to get to know ourselves better: signs of stress, elements of stress, regulation and sensory profile, but also strategies to reach and maintain a calm and alert state, necessary to make the most of life and to support us in our role as parent.

*«We don't see things as they are, we see them as we are»- Anaïs Nin*

***The series of workshops is composed of 8 workshops.***

***Prerequisites: Attending the series of 5 basic educational workshops for parents.***