

Alabama Pre/Post Adoption Connections Presents:

# **PARENTING AFTER TRAUMA:**

## BRAIN-BODY-SENSORY STRATEGIES THAT REALLY WORK

With Robyn Gobbel

### Part 1- A New Lens on Behavior

**9:00 - 10:15**

- A neurobiological approach to what behavior really is
- Meet the owl, watchdog, and possum brain

### Part 2- Increasing Regulation, Connection & Felt-Safety (the owl brain)

**10:30 - 11:45**

- Strategies to increase felt safety
- Parenting strategies focused on co-regulation
- Parenting strategies focused on connection

### Part 3- Responding to Challenging Behavior (the watchdog brain!)

**1:15 - 2:45**

- Brain-Body-Sensory Strategies to address watchdog & possum brain behaviors based on the level of dysregulation

### Part 4- But What About a Consequence?!

**3:00 - 4:15**

- Brain-Body-Sensory Strategies for after the owl brain returns

### Evals & Wrap-Up

**4:15 - 4:30**

- You did it! Walk away from our training session with Robyn Gobbel, informed, empowered & even more inspired.

DHR Mileage Codes:

RPT-CTG: 0434  
ORG: 0260

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