

SB SCHOOL OF CC EXTENDED LEARNING

Helping Children Heal From Stress and Trauma



Aletha Solter is a Swiss-American developmental psychologist, the author of five books for parents, and founder of the Aware Parenting Institute. She studied with Dr Jean Piaget at the University of Geneva, where she earned a master's degree in human biology. She also holds a PhD in Psychology from UCSB. She has lectured in 17 countries and is recognized internationally as an expert on attachment, trauma, and non-punitive discipline. Her books, which have been translated into many languages, are: 'The Aware Baby,' 'Cooperative and Connected,' 'Tears and Tantrums,' 'Attachment Play,' and 'Raising Drug-Free Kids.'

Stress and trauma early in life can alter children's neurobiological systems and lead to anxiety, aggressive behavior, hyperactivity, attachment disorders, sleep problems, learning difficulties, depression, and physical illnesses.

Luckily, children know how to heal from trauma if we give them the opportunity.

You will learn how to create an atmosphere of emotional safety in which babies and children can restore emotional health. The focus will be on facilitating children's spontaneous stress-release mechanisms of play, laughter, crying, and raging.

Date: 2/9/2019

Time: 9:00 AM to 4:00 PM

Location: Schott Campus, Room 6

Tuition: \$49

ID #: 22370

Instructor: Aletha Solter

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For more information visit: www.sbcc.edu/extendedlearning