

Did You Know?

87% of children who demonstrate the most disruptive and disturbing behaviors have experienced trauma. Often times these children lack the support needed to mend these emotional injuries. In fact many conventional therapies and parenting strategies unwittingly add to these injuries, rather than promote healing.



Behavioral Indicators of Trauma

- *Addiction
- *Depression
- *Suicidal Thinking
- *Aggression
- *Opposition
- *Eating Disorders
- *Self-Mutilation
- *Sexual Acting Out
- *Lying
- *Stealing
- *Learning Difficulties



Her Voice, Her Generation, LLC
740 Abbey Drive
Virginia Beach, VA 23455

My Husband and I absolutely loved this seminar with Helene. It was informative and eye opening . It has given us the confidence to deal with the many issues that arise with our 3 adopted teens. Since the seminar we have continued to assist our girls in finding their "VOICE" and their behaviors continually decrease. Thank you Thank you..I now have Hope.**JB Florida**

In working with this family for over 2 years I have not be able to get them to accomplish what you did inside of one week...the changes are amazing.....Please teach me everything you know. **Therapist in Brisbane, Australia**

WORKSHOP February 26, 2010 **Effective Strategies: for Severe Behaviors in Teen-Age Girls**



**Depression
Suicidal Thinking
Self-Mutilation
Eating Disorders
Sexual Acting Out
Lying
Stealing**

To name a few..

Looking for Solutions?

Effective Strategies: for Severe Behaviors in Teen-Age Girls

Who Should Attend

Professionals and Parents seeking specific skills and insights from research based information that will create healing in the lives of hard to reach, at-risk adolescent girls.

You Will Learn

- * The root cause of severe behaviors
- * The impact of stress and trauma on the brain
- * Understand her teen brain and the impact her hormones have on her behavior.
- * What fear has in common with stress and severe behavior.
- * Effective and Guaranteed, step by step technique for overcoming lying
- * Techniques for effective communication with defiant or withdrawn teens
- * A new understanding of Self-mutilation.
- * How to use a loved based consequence model for severe behaviors
- * How traditional consequences can do more harm than good
- * How to eliminate power struggles
- * How to create healing in the home without a lifetime of therapy
- * Specific steps to immediately impact your teens positive outlook of life

Questions

Call: 757-818-7403

Email: helene.teengirls@verizon.net

**The Kempsville Library
832 Kempsville Road
Virginia Beach, VA 23455
February 26, 2010**

Agenda

- 10:00 am
Registration
- 10:30—1pm
Part 1— The Paradigm, research and understanding her behaviors.
- 1 pm-2pm
Lunch on your own
- 2:pm-4:30 pm
Part 2– Behavior specifics.
Applying new skills and techniques.

CEU'S offered at Request

**An additional charge of \$20.00
Will be owed to ODU at a later Date.**

Your Presenter:



Helene Messina-Timpone, LCSW founded Her Voice, Her Generation, LLC, an agency that provides training, consultation, and therapy for families and organizations. Helene is recognized across the united states and internationally for her expertise in working with teen girls with difficult behaviors. She has also consulted and worked with many residential and group home settings.

Registration and Cancellation

- Confirmation notices will be emailed
- If you require special accommodations please email or call 1 week prior to event
- If unable to attend you can do any of the following:
 1. Send a substitute and notify us by email
 2. Receive a refund less the \$15.00 administration fee per person if the cancellation is made after February 20th. After the 20th refunds are not endorsed.

Registration Form Effective Strategies: Teen-Age Girls

Person 1:

Person 2:

Person 3:

Person 4:

Address:

Phone:

Email Address:

Email is required to receive confirmation notice

Space is limited, so please register today

February 26, 2010

Seminar Fees

_____ 1st person \$49.99

_____ Bring up to 3 friends or colleagues
for only \$39.99 per person

_____ Total Amt Enclosed

Make Checks or Money orders payable to: HVHG
Mail Registration form and Payment to:
740 Abbey Drive
Virginia Beach, VA 23455
Credit and Debit cards are not accepted