

# Nurturing Parenting® Programs

## Three-Day Facilitator Training



with

**Katie Hopkins**  
Nationally Recognized Trainer/Consultant

## Fort Carson, CO

June 3, June 10, June 17, 2024

8:00 am to 3:00 pm MST

Learn how to implement the **evidence-based** Nurturing Parenting® Programs to meet the specific parenting needs of families.

In three days, participants will learn:

- Philosophy of Nurturing Parenting®;
- Five Parenting Constructs of Abuse/Neglect;
- Impact of maltreatment on Brain Development;
- How to Assess High-Risk Parenting Beliefs;
- How to Tailor Programs based on Family's Needs;
- How to Gather Process Evaluation Data;
- How to Evaluate Pre and Post Program Impact;
- How to Implement Home & Group-Based Models

### TRAINING DESCRIPTION

The three-day training will focus on understanding the philosophy of Nurturing Parenting®, assessing high risk parenting beliefs and environments, creating competency-based parenting lessons and programs tailored to meet the individual parenting needs of families, and implementing programs at the primary, secondary and tertiary levels of prevention.

Participants will experience a hands-on approach to implementing home-based, group-based and a combination home-based/group-based program model.

Participants will learn how to administer and score the online versions of the Adult-Adolescent Parenting Inventory (AAPI-2) and the Nurturing Skills Competency Scales (NSCS), and how to select the best Nurturing Parenting® Program model for your agency.

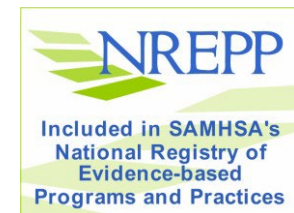
Participants will also learn how to monitor the success of families through on-going process evaluation strategies designed to measure the attainment of parenting knowledge and skills.

The Nurturing Parenting® Programs are proven, evidence-based, family focused programs first implemented in 1985 and recognized by national and state agencies for their effectiveness in preventing and treating child abuse and neglect.

Since 1985, over one million families have participated in the Nurturing Parenting® Programs worldwide.



The Nurturing Parenting® Programs meet and exceed the **Six Protective Factors** identified by the U.S. Government for the prevention and treatment of Child Abuse and Neglect.



## Nurturing Parenting® Programs By Prevention Level:

### Primary PREVENTION-EDUCATION

Prenatal Families • ABC's for Parents & Their Children 5 to 8 • Parents & Their Children with Special Needs & Health Challenges • Community Based Education (CBE) in Nurturing Parenting® • CBE for Military Families • CBE - Alcohol & Kids Don't Mix • CBE - Alcohol, Anger & Abuse • CBE - Teen Pregnancy Prevention • Developing Nurturing Skills (DNS): School-Based Program

### Secondary PREVENTION-INTERVENTION

Nurturing Skills for Families • Nurturing Skills for Teen Parents • Nurturing America's Military Families • Nurturing Fathers • Nurturing God's Way • Family Nurturing Camp

### Tertiary PREVENTION-TREATMENT

Parents & Their Infants, Toddlers & Preschoolers - 16 Sessions • Parents & Their School-Age Children 5-11 Years • Young Parents & Their Families - 16 Sessions • Parents & Adolescents • Hmong Parents & Adolescents • Families in Substance Abuse Treatment & Recovery • It's All About Being a Teen

### Comprehensive PROGRAMS

Teen Parents & Their Children • Parents & Their Infants, Toddlers & Preschoolers • Spanish Speaking Parents & Their Children Birth to 12 Years • Spanish Speaking Parents & Their Children 4 to 12 Years

[Visit us at NurturingParenting.com](http://NurturingParenting.com)

### Katie Hopkins, LPC #284



Katie holds a bachelor's degree in art education with a minor in Japanese from The University of Iowa, and a master's degree in Clinical Mental Health Counseling from Adams State University in Alamosa, Colorado. Katie's professional experience includes Mental Health Counseling, Play Therapy, Filial Therapy, Parent Education, and Child, Youth and Family Services Casework.

Katie is a Licensed Professional Counselor and Lead Parent Educator at the Fort Carson Army Community Service Family Nurturing Center in Fort Carson, Colorado. Katie's husband, Tyson, was active duty in the United States Armed Forces infantry from 2006-2014. Katie's experiences as a military spouse led to her strong desire to work with military families. Katie met Rita Wiley in 2013 at Fort Carson and was her counseling intern and post-graduate intern in the Nurturing Parenting® Program until she took over leading the program in 2017. Katie has learned so much from Rita over the years, and draws on this experience, and her experience as a mother of two boys, as she facilitates the Nurturing Parenting® Program.

Katie currently facilitates the Nurturing Parenting® Program to families at Fort Carson, offering 6 programs a year. Since 2014, Katie has facilitated and co-facilitated the Nurturing Parenting® Program for Parents and Their Infants, Toddlers and Preschoolers, and Nurturing Parenting® for Parents and Their School Age Children 5 to 11 years. In addition to the Nurturing Parenting® Program, the Family Nurturing Center at Fort Carson also offers Infant massage, Toddler Time, Play Group, and Filial Therapy weekly, where Nurturing philosophy is actively incorporated. The Nurturing Center also has a Facebook page, Nurturing Military Families. The Facebook page links military families from across the world and offers a forum for Nurturing advice and support. The Nurturing Parenting® Programs at Fort Carson are a part of many family treatment plans, and are a vital part of preventing child abuse and neglect in the military, and building healthy nurturing military families.

## Workshop Details

Dates: June 3, June 10, June 17  
*Registration Deadline: June 1, 2024*  
(call for availability after deadline)

Cost: \$350.00 per person.

Location: 1481 Titus Blvd., Building 7492  
Fort Carson, CO 80913

Times: 8:00 to 3:00 MST with one hour break for lunch (on your own)

To register: Contact Katie Hopkins at 719-960-6435 or  
[Katherine.l.hopkins6.ctr@army.mil](mailto:Katherine.l.hopkins6.ctr@army.mil)

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**Materials:** Training materials are included.  
*Program Materials and Online Assessments sold separately.*

Each participant receives a *Certificate* acknowledging successful completion of a Facilitator Training (18 hours) in the Nurturing Parenting® Programs.

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