

Nurturing Parenting® Programs

ONLINE

# Facilitator Training

## Families in Substance Abuse Treatment & Recovery

### Program Specific

With

Jen Moss, MA, MFT

National Trainer/Consultant  
Nurturing Parenting® Programs

**Dates: June 26-28 2024**

**Time: 9:00 a.m. – 4:30 p.m. (Central Time)**

**Cost: \$450 (books included)**

[Click Here to Register](#)

Questions: 503-908-9321; [info@jenmossmft.org](mailto:info@jenmossmft.org)  
or go to [JenMossMFT.org](http://JenMossMFT.org) to click on Attend a  
Training



Learn the philosophy and goals of Nurturing  
Parenting and how to implement and facilitate the  
group and home-based programs.

### Jen Moss, MA, MFT

Author, Speaker & Nationally Recognized Trainer/  
Consultant for the Nurturing Parenting® Programs for  
over 19 years. She has facilitated the Nurturing  
Parenting® Programs for all ages in both group- and  
home-based settings. Her training includes the Core  
Facilitator Training as well as Parents & Children with  
Special Needs and Health Challenges, Adolescent  
Specific, LGBTQ, Families in Substance Abuse  
Treatment and Recovery as well as Assessments and  
Documentation and other “Refresher” Trainings.

### Educational Background:

- MA, Marriage & Family Therapy  
Argosy University, Hawaii
- B.A., VT College of Norwich University
- Time to Teach, Educational  
Trainer/Consultant

Jennifer has been working with couples and  
their children for over ten years, predominantly  
on the Hawaiian Islands and now throughout  
the Pacific Northwest.

She has two teenaged children in which she  
shares many humorous and vivid experiences of  
many years of single parenting.

### Testimonials

*“So much fun and so much information, I felt like I was  
going to burst...in a good way!”*

*“Jen is one of the best hands on trainers I have ever  
experienced “*

*“I felt really nurtured, Jennifer is so authentic, and her  
stories make you realize she not only knows this stuff, she  
has lived it!”*

### Training Description

This 3 day Facilitator training will focus on  
incorporating the philosophy, skills and  
strategies of nurturing parenting.  
Participants will learn how to design home-  
based and group-based parenting programs  
utilizing the proven lessons of the Nurturing  
Parenting® Programs. A hands-on approach  
to conducting home and group-based  
Nurturing Programs that includes facilitating  
weekly sessions and explains how to use  
program materials with diverse and multi-  
cultural populations. The training program  
utilizes assessment tools, children’s and  
parents’ program activities, family home  
practice assignments, icebreakers, personal  
growth lessons, communication dialogue,  
activities for personal power, positive  
discipline techniques, building self-esteem,  
emotional regulation, stress management,  
self-concept and explores empathy in parents  
and children. Participants will learn how to  
use the online version of the *Adult-Adolescent  
Parenting Inventory (AAPI-2)* to gather pre and  
post program outcome data.

### Adult-Adolescent Parenting Inventory (AAPI-2.5)

The AAPI has proven invaluable in assessing the  
parenting attitudes and child-rearing beliefs of  
parents and adolescents. Founded on five  
parenting constructs known to lead to abusive  
parenting, the AAPI provides scores that profile  
parents at risk for abusing and neglecting  
children. For more info, visit  
[www.assessingparenting.com](http://www.assessingparenting.com)

## The Nurturing Parenting® Programs

The Nurturing Parenting® Programs are family-based programs with a proven track record of preventing the recurrence of child abuse and neglect that address the specific needs of different populations:

- Prenatal Program
- Parents and Their Infants, Toddlers, and Preschoolers
- Parents and Their School-Age Children
- Parents and Adolescents
- Teen Parents and Their Families
- Families in Substance Abuse Treatment & Recovery
- ABC's Program for Parents and Kindergarteners
- Crianza con Cariño Birth to Five Years
- Crianza con Cariño 4-12 Years
- Parents and Their Children with Health Challenges
- Hmong Parents and Adolescents
- Nurturing God's Way™ Program for Christian Families
- Nurturing Skills for Parents, Teen Parents, Military Families and more ...



## Philosophy of Nurturing Parenting®

The philosophy of Nurturing Parenting® emphasizes the importance of raising children in a warm, trusting and caring household. It is founded on the belief that children who are cared for develop the capacity to trust, care for and respect themselves, other people and living creatures and the environment. The philosophy of Nurturing parenting® is founded on seven principles:

1. **Feelings of Attachment.** Attachment means a bond between parents and their children that conveys a deep love that is unconditional. When children feel loved unconditionally, communication, trust and respect naturally follow.

2. **Empathy.** Empathy is the ability of parents to put themselves in the place of their children in an attempt to feel, think and understand what their children are feeling, thinking and understanding, and responding to them in a loving and respectful way.

3. **Nurturing Oneself.** Taking time in getting one's own needs met, as an adult, forms the foundation of understanding and helping children get their needs met. Nurturing parents take care of themselves as well as their children.

4. **Gentle Touch.** Research has shown that children who experience warm and gentle touch in the form of hugs, pats, and massages develop and maintain healthy

relationships throughout their life, as well as a healthy and positive sense of their self.

5. **Discipline.** Setting limits through family rules, teaching right from wrong through family morals, and teaching respect and worth through family values are all a part of a nurturing family. Discipline cannot be imposed, beaten into or forced on children but rather develops best by the children modeling their parents whose example they admire.

6. **Expressing Feelings.** Helping children and adults learn appropriate ways to manage and express their feelings is a fundamental characteristic of a nurturing family.

7. **Expectations and Self-Worth.** Knowing what to expect of children as they develop plays a significant role in their self-worth. When parents have appropriate expectations, children learn that they are competent people, capable of pleasing others important in their lives.

The Nurturing Parenting® Programs are recognized by the National Registry of Effective Programs and Practices (NREPP), the Substance Abuse-Mental Health Services Administration (SAMHSA) and the Office of Juvenile Justice and Delinquency Prevention (OJJDP).