

Staying Cool, Calm, and Connected When Kids are Pressing Your Buttons

presented by

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Martha Straus, PhD, is a professor in the Department of Clinical Psychology at Antioch University New England Graduate School in Keene, New Hampshire and part-time Lecturer in the Program of Professional Education at Smith College for Social Work. Straus is an international trainer, speaking on topics related to child, adolescent, and family development, attachment, trauma, and psychotherapy. She maintains a small private practice in Brattleboro, Vermont where she also provides supervision and consultation to individuals, schools, and social service agencies. She's the author of numerous articles and seven books including most recently a co-authored third edition of *The Lost Art of Listening: How Learning to Listen Can Improve Relationships* (2021); *Treating Trauma in Adolescents: Development, Attachment, and the Therapeutic Relationship* (2017); and *Cool, Calm, and Connected: A Workbook for Parents and Children to Co-regulate, Manage Big Emotions & Build Stronger Bonds* (2021).

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<https://hartfordhealthcare.zoom.us/j/92171530596>

Learning Objectives: *As a result of participating in this Live Activity, participants should be able to:*

1. Describe the developmental importance of being your child's co-regulator first—so they can learn how to self-soothe later.
2. Recall three of the child behaviors that are most likely to hook you and why they do.
3. Implement a plan for staying grounded and present more of the time.

Accreditation Statement: In support of improving patient care, Hartford HealthCare is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

Credit Designation Statement: Hartford HealthCare designates this Live Activity for 1.25 AMA PRA Category 1 Credit(s)TM. Physicians should only claim credit commensurate with their participation. This activity is approved for 1.25 ANCC contact hour(s).

Social Work: As a Jointly Accredited Organization, Hartford HealthCare is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Hartford HealthCare maintains responsibility for this course. Social workers completing this course receive 1.25 other continuing education credits.

Financial Disclosures:

- Nothing to disclose: Ellen Blair (Nurse Planner); Rosemarie Coratola (Sponsor); Michael Dewberry (Course Director); Erica Iyamu-Osagie (Social Work Planner); Paula Rego (Activity Coordinator); Carla Schnitzlein (Sponsor); Martha Straus (Presenter); Javeed Sukhera (Co-Director)