

Verdugo Hills Autism Project

Parents Dealing with Children's Anger and Related Emotions

- Do you have difficulty managing your child's angry outbursts and breakdowns?
- Do you have a child/teen with hypersensitivity to what you consider minor or trivial upsets that lead to explosions? (i.e., can't find their right jeans; can't understand their homework; lost their screen time for a day; a friend rejecting them, etc.)
- Do you lose control of yourself and feel like you are part of the problem?
- Do you feel like you have nothing more to give, running on empty?

Addressing Core Issues and Identifying Strategies that Work:

Defining this often times misunderstood and complex emotion- ANGER- both its constructive and destructive qualities

Biology piece--how the emotional brain gets hijacked and unleashes the Limbic System; (Tying in ideas from "The Whole Brain Child" & "Treating the Explosive Child")

De-escalation/Intro to Crisis Prevention Interventions adapted to Parents (what strategy is used at what stage of escalation)

Parents' Coping Strategies to preserve stamina and managing their own emotions

EVENING TALK @ VHAP

PRESENTERS:

DERYL GOLDENBERG, Ph.D. &

JACKIE ZALDUA, M.A.

DATE & TIME:

MARCH 27^H

6:30PM- 8:30PM

COST: \$35

SOME SCHOLARSHIPS

Place: Verdugo Hills Autism Project

**16600 Sherman Way
Suite 165
Van Nuys, Ca
91406**

Free parking in rear of building

Phone to register: 818.386.1094 ext 105

Website: www.vhap.org



"We strive to ensure that parents feel empowered and competent in guiding their child's development."



VHAP