



## ***Falling In Love With The Difficult Child:***

### **Breaking down the barriers and getting to know the child inside**

Life Journey Series presents this 5-week virtual support class in order to educate, motivate, and support parents struggling with children whose behaviors have caused disconnection and chaos within the family.

This is often the case for children who have a history of trauma and/or loss, but is not limited to those circumstances. Disconnection can happen within ANY family unit, even happy, biological families experience it from time to time. What can we do when this happens? How can we reconnect when our child begins to "act up"?

Each week, class will meet over a tele-conference line where the line will be open for discussion. Each student is encouraged to open up, tell their story, ask questions, and be there for other students who also need support.

For our visual learners, a powerpoint presentation will be given each week.

Homework will be assigned each week, whether it be a written worksheet or an in-home activity between you and your child.

Co-facilitators Wilma Vance and Bethany Shetler bring their unique strengths and backgrounds to each week of this class, guaranteed to meet you right where you are in your own journey!

### **Week 1: What is "love"?**

After proper introductions, Bethany and Wilma will begin a discussion on the difference between conditional and unconditional love. What do they each feel like? How can you recognize the difference? What would it feel like to naturally love your child unconditionally?

### **Week 2: Breaking the negative feedback loops**

The key to change is awareness. Sometimes within relationships we continue to "get stuck" in the same places without really recognizing it. In order to begin to build a new relationship with your child, you will need to identify areas that are obstacles to feeling warm and close to your child. As a group, we will discuss ways to break out of these negative loops and put your relationship back on track!

### **Week 3: Breaking down the barriers**

Genuine happiness within a parent/child relationship depends on the parents' ability to model intimacy and vulnerability to our children. We need to help our children know that we are safe, gentle, and strong places for them to rest all their joys and fears. This will take getting in touch with yourself in a deeper way and showing the "real you" to your kids in a loving way.

### **Week 4: Being present**

True to form, Wilma Vance will bring her expertise to this week's session -- Being present! What does that mean? Why is it so important to the parent/child relationship? How will "being present" help you love your child?

### **Week: 5: Building new wiring through repetition**

Brain growth depends on stimulation. Yes, we must stimulate the brain in the ways in which we want it to become strong and healthy. Do we want children capable of giving and receiving love? How can we continue to exercise those parts of our children's brains....and hearts?

Prerequisite: None

Maximum Participants: 12

Facilitators: [Bethany Shetler](#) and [Wilma Vance](#)

What you need: A telephone capable of making a long distance phone call, a computer with internet access, and a sincere willingness to make lasting changes to your family dynamics.