



The Nurtured Heart Approach®

The Nurtured Heart Approach (NHA) is a relationship-focused methodology founded strategically in the “3 Stands” for helping children (and adults) build Inner Wealth and use their intensity in successful ways. It has become a powerful way of awakening the inherent greatness in all children while facilitating parenting, residential, community organization and classroom success. The essence of NHA is a set of core methodologies originally developed for working with the most intense children. It has a proven impact on every child, including those who are challenged behaviorally, socially and academically.

TARGET AUDIENCE: Educators, Certified Counselors/Therapists, Parents and other professionals who support children and families

COURSE OFFERINGS:

- **1 Hour Workshop (Introductory)** - *Participants will understand how NHA differs from traditional teaching and parenting approaches, and learn why typical strategies tend to fail when applied to children with more challenging social and emotional behaviors.*
- **3 Hour Workshop (Half day)** - *This workshop covers the above, and expands on the methodology and specific strategies of the approach. Participants will walk away with real tools to use immediately.*
- **Intensive 2-day Workshop (2.5 hour per day)** – *This series covers the above, and expands on the social emotional clinical underpinnings of intense behavior and incorporates experiential learning activities, NHA language proficiency, and implementation strategies. Ideal for agencies and schools allowing for participants to acquire initial skills then return with implementation questions and further skill building.*
- **6 Hour Workshop (Full day)** – *This workshop expands on the methodology and specific strategies of the approach and adds experiential learning activities for deeper understanding and application of the approach. Participants will leave ready to implement the approach.*
- **6 Week Workshop (Intense Interactive Workshop runs in 1.5 hour increments)** - *all that's covered in the Full-day workshop is broken down and presented over a series of several weeks. This rich learning arrangement gives participants an opportunity to work on specific strategies in a step-by-step method, and then return to share, clarify and answer questions before moving forward.*
 - *For this workshop and the intensive 2-day workshop, participants will be required to purchase the NHA workbook, “Transforming the Intense Child Workbook: An Interactive Guide to the Nurtured Heart Approach” by Howard Glasser. The cost of the workbook is \$17.*

OBJECTIVES OF PRESENTATION:

1. Explain why conventional methods of parenting, therapy and teaching often fail with intense children, despite the best of intentions.
2. Shift a challenging child to using his or her intensity in successful ways, even if the child is diagnosed with ADHD, ODD or exhibits other difficult behavior. Understand how to effectively set and enforce clear limits when working with youth.
3. Apply the core methodologies of the Nurtured Heart Approach® to build Inner Wealth™ in all children and create a richer social-emotional environment.

Presenter: Megan Lukany, CHES/LCSW

Megan Lukany is a certified trainer of the Nurtured Heart Approach, having been instructed under NHA's creator, Howard Glasser. Ms. Lukany works in private practice providing strength based, solution-focused therapy and NHA coaching to parents. Megan Lukany has experience working with trauma-impacted children, adolescents and adults in a multitude of settings including residential treatment facilities, group home, juvenile justice systems, out-of-district special education schools and shelters. Ms. Lukany serves as an adjunct lecturer at Caldwell University for the School of Psychology & Counseling. Megan also supervises Masters-level therapists in case formulation, therapeutic intervention and ethical and legal issues. Personally, NHA has been instrumental in transforming Megan's home to a place where love and structure prevail and has grown to impact all her relationships whether it's family, work, or the grocery store clerk etc.

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Sample Training Agenda (3 Hour Workshop)

9:00am	Welcome & introduction
9:10am	<ul style="list-style-type: none">• Building the inner wealth of children• Building a new portfolio• 3 Stands of the Nurtured Heart Approach• Absolutely No – refuse to energize negativity• Absolutely Yes – relentlessly energize success• Absolutely Clear – clearly but unenergetically enforce limits
10:50am	BREAK
11:00am	4 types of recognition statements <ul style="list-style-type: none">• Active recognition• Experiential recognition• Proactive recognition• Creative recognition
	Setting limits Why not give warnings Reset – the key to consequences Transformation
12pm	Questions & Answers

Megan Lukany, CHES/LCSW can train you individually or your school/organization on site and can custom tailor the training to the people you serve.

THE ONE EDUCATOR TRAINING THAT WILL GIVE YOU BACK TIME.

STOP SPENDING TIME ON DISCIPLINE AND START SPENDING IT ON TEACHING.

The Nurtured Heart Approach® EDUCATOR WORKSHOP

LEARN HOW TO:

- Understand and meet each student's needs without extra work
- Build meaningful connections with students, parents, and colleagues
- Reduce office disciplinary referrals
- Decrease suspensions and expulsions
- Minimize and eliminate disruptions and distractions
- Keep students focused, engaged and on-task

The Nurtured Heart Approach® (NHA) is a set of strategies for *social and emotional learning*. This approach encourages all students, even those with emotional or behavioral disorders, to thrive not only socially and emotionally, but academically as well. This is the foundation for building safe, respectful, cooperative and connected classroom environments and school culture.

The Nurtured Heart philosophy is based on creating *caring relationships* by acknowledging students when they are exhibiting good behavior and teaches strategies which continue to reinforce appropriate conduct.

The NHA is being used in thousands of classrooms and schools across the United States as well as internationally, creating positive school environments and academic success.

Methodology...

The NHA core principles are founded on 3 Stands:

- (1) Absolutely No! Refusing to give energetic relationship to negative behavior
- (2) Absolutely Yes! Relentlessly bestowing relationship by recognizing positive behavior
- (3) Absolute Clarity! Being very clear and consistent with rules and boundaries.

Studies have shown that when the NHA is introduced in schools, student's disruptive behaviors in the classroom decrease. Students feel connected and appreciated through positive relationships with teachers and *learn to manage their own behavior!* Data also reveals that teacher attrition drops, and academic success increases.

TWO HALF DAY INTENSIVE NHA TRAINING
EACH SESSION IS 2.5 HOURS IN LENGTH
GO BEYOND THE TRADITIONAL NHA
TRAININGS AND LEARN THE SOCIAL-
EMOTIONAL UNDERPINNINGS OF OUR
INTENSE CHILDRENS BEHAVIORS AND
BUILD CONFIDENCE BY PRACTICING THE
APPROACH

Megan Lukany, LCSW, CHES

Certified Trainer in the Nurtured Heart Approach

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Pricing: \$2200

HIGHLY recommend additional purchase for each participant, the NHA workbook, "Transforming the Intense Child Workbook: An Interactive Guide to the Nurtured Heart Approach" by Howard Glasser. The cost of the workbook is discounted to \$16 per text.