



Elhardt Family Wellness Training Catalog



The Healing Home Approach™
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Calm. Clear. Compassionate. Connected. Growth-Oriented.

CORE TRAINING

***The Healing Home
Approach™
Core Training***

Foundational training introducing the Calm, Clear, Compassionate, and Connected principles of The Healing Home Approach™. Participants learn the neuroscience of regulation, strategies for connection-based discipline, and frameworks for integrating empathy with responsibility in home and professional settings.

The additional Training Modules on the following pages are available as stand alone modules or as part of a comprehensive training curriculum.

Attachment & Connection

<i>Fostering Attachment: Practical Tools for Building Safety and Trust</i>	Explores the science of attachment and how caregivers can intentionally build safety, attunement, and trust with children who have experienced trauma, neglect, or multiple placements. Participants learn concrete strategies for developing secure attachment patterns through daily interactions, co-regulation, and repair. The session highlights how small, consistent relational moments lay the foundation for emotional healing and long-term stability.
<i>Connection Before Consequence</i>	Reframes discipline through a trauma-informed lens. Emphasizes relational repair, accountability, and teaching responsibility rather than enforcing punishment.
<i>Healing Between Siblings</i>	Examines sibling relationships within foster and adoptive families, including trauma triggers, rivalry, and repair. Offers strategies for fostering empathy, safety, and shared growth.
<i>Healing Between Siblings</i>	Explores the subtle ways children in foster or adoptive care interpret privilege, expectations, and differential treatment. Helps caregivers align actions with messages of dignity, belonging, and realistic empathy.

Parenting & Caregiver Support

<i>Working with the Healing Adolescent</i>	Explores the unique challenges of parenting or mentoring teens with trauma histories. Topics include developmental regression, control struggles, identity formation, and balancing boundaries with connection during adolescence.
<i>When Caring Hurts: Secondary Trauma in Caregiving</i>	Addresses compassion fatigue, vicarious trauma, and burnout among foster parents, clinicians, and helping professionals. Participants gain tools for self-regulation, reflective practice, and sustainable caregiving.
<i>Parent Survival: Staying Regulated Yourself</i>	Focuses on adult emotional regulation during child crises. Provides practical tools and scripts to help caregivers model calm, avoid power struggles, and recover from their own dysregulation.

Trauma & Crisis Response

<i>Understand Trauma & the Brain</i>	Presents a neuroscience-based overview of how trauma impacts development, behavior, and attachment. Participants learn to recognize dysregulation cues and respond with co-regulation and structure.
<i>Connection Before Consequence</i>	Offers immediate, actionable strategies for managing meltdowns and crises. Includes co-regulation techniques, environmental adjustments, and de-escalation language grounded in brain science.

System Navigation & Collaboration

<i>Navigating the Mental Health System Without Losing Your Mind</i>	Demystifies the mental health system for caregivers and professionals. Covers levels of care, treatment planning, insurance navigation, and effective collaboration with providers.
<i>Mental Health Challenges in Foster Care</i>	Provides an overview of common psychiatric diagnoses, medication considerations, and trauma-informed behavioral interventions specific to children in the foster system.
<i>Changing Places: Understanding the Why and Where of Foster & Adoption Disruptions</i>	Focuses on adult emotional regulation during child crises. Provides practical tools and scripts to help caregivers model calm, avoid power struggles, and recover from their own dysregulation.

Contact & Boundaries

<i>Post-Adoption Contact with Biological Family</i>	Provides an evidence-based framework for evaluating and managing ongoing contact with biological relatives. Balances safety, connection, and the child's emotional readiness.
<i>Seeing the Biological Family in the Community</i>	Guides foster and adoptive parents in navigating unplanned encounters with biological family members. Addresses safety considerations, DSS expectations, and trauma-informed communication for various scenarios.

Safety & Prevention

Sexual Abuse & Foster Care: What Foster Parents & Professionals Need to Know

Equips caregivers and professionals to identify, prevent, and respond to sexual abuse within the foster care context. Includes grooming awareness, trauma responses, and supporting healthy sexual development.

Training Formats

All trainings are available in flexible formats:

- 1-hour introductions for professional meetings or CEU refreshers
- 2–3 hour workshops for in-depth skill development and discussion
- Half-day or full-day intensives for agencies, schools, and conferences

Custom combinations and private group sessions are available upon request.

Contact

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Serving agencies, schools, and parent organizations in Virginia

Virtual Trainings offered elsewhere