

What is The Healing Home Approach?



The Healing Home Approach™ Curriculum is one of the most comprehensive trauma-informed caregiver education frameworks available nationwide.

Designed by a clinical mental health clinician, former educator, and adoptive parent, it addresses areas most programs overlook—such as sibling repair, teen identity, compassion fatigue, and navigating contact with biological family—while maintaining a foundation of connection, structure, and growth.

Turning trauma theory into practical tools that families can actually use.

Comparing Other Training Models

Focus Area	Traditional Models	Healing Home Approach™
Attachment/Connection	✓	✓
Behavior & Regulation	✓	✓
Caregiver Self-Regulation	✓	✓
Biological Family Contact	✗	✓
Teen Healing & Identity	✗	✓
Sibling Relationship Repair	✗	✓
Compassion Fatigue &	✗	✓
Accountability Without Shame	✗	✓
Polyvagal & Developmental Science	✓ (clinical only)	✓ (caregiver-accessible)



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Where understanding meets growth, and connection becomes the foundation for healing.



Developed by
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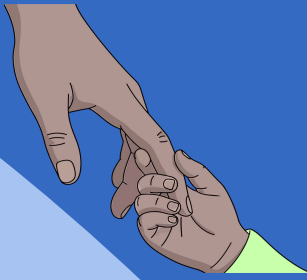
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 Breaking cycles. Healing hearts

The Healing Home Approach™

This model helps caregivers, educators, and professionals respond to trauma-driven behaviors with calm, clarity, and compassion.

Rooted in neuroscience and attachment, this framework bridges clinical research and real-life caregiving, promoting safety, accountability, and connection in every interaction.

Bridging science and compassion for real-world healing.



Informed by and consistent with evidence-based models including TBRI®*, Polyvagal Theory, Attachment Theory, and Developmental Psychology.

**TBRI® is a registered trademark of Texas Christian University. The Healing Home Approach™ is an independent model and is not affiliated with or endorsed by TCU or the Karyn Purvis Institute of Child Development.*



Core Principles

The Healing Home Approach™ is built on five guiding principles:

Calm: Regulation before reasoning

Clear: Consistency and structure that foster safety

Compassionate: Empathy without enabling

Connected: Relationship as the foundation for change

Growth: Accountability as a healing process, not punishment

These principles help families, caregivers, and other professionals move from chaos to connection.

Signature Topics

-  **Understanding the Trauma & the Brain**
How trauma rewires the brain—and practical ways to restore safety and trust. Accessible science for the layperson.
-  **Connection Before Consequence**
Discipline to inspire growth through empathy, structure, and accountability.
-  **Working with the Healing Adolescent**
Balancing compassion and boundaries for traumatized adolescents.
-  **When the Caring Hurts**
Recognizing and healing compassion fatigue in caregivers and professionals.

TRAININGS ARE AVAILABLE AS A COMPREHENSIVE SERIES OR STANDALONE UNITS

A full catalog—including “**Healing Between Siblings**,” “**Seeing the Biological Family in the Community**,” and more—is available at info@elhardtfamilywellness.com

