This webinar will explore ways that adults can help children – including preverbal infants – to find the gestures then words to “tell their story”. Children need to be heard and listened to, so they don’t feel alone in their ideas and worries, and to help them find ways to cope and feel better through what is most needed under stress – the human, loving emotional connection. These features of interpersonal relationships promote “co-regulation” and mentalization.

As a result of this webinar, participants will be able to:

1. Understand and explain the relationship between Co-Regulation and Self-Regulation;

2. Describe and practice the use of “pausing” to promote listening, regulation, and reflectivity, in “ordinary” moments and when stress is heightened; and,

3. Understand and explain how interpersonal relationships promote the growth of the mind and “mentalization”.

LMHCs & LSWs who attend this event will be eligible to receive 1.5 CE credits.

Date & Time
Tuesday, August 15, 2023
10:00 – 11:30 AM EST

Presenter
Dr. Gerard Costa

Register: [https://registration.nytac.org/](https://registration.nytac.org/)