



## Navigating Blocked Care: *Support for parents and helping professionals*



If you find yourself feeling angry, lost, or hopeless in your relationship with your child, ***you are not alone!!!*** In fact, it's a brain thing! Early trauma can create "Safety Blindness" in children, making it difficult to trust and connect with parents. Reduce the shame and reawaken compassion during this interactive session with award-winning trauma therapist, Jessica Sinarski.

*Participants will be able to:*

1. Describe blocked care with compassion for parent and child.
2. Demonstrate at least 5 strategies for preventing or overcoming blocked care.
3. Create a plan for nurturing the calm, curious, connecting parts of parent and child brains.

### About the Presenter



*Jessica Sinarski, LPCMH, is a highly sought-after therapist, author, and change-maker. Extensive post-graduate training and 15+ years as a clinician and educator led her to create the resource and training platform—BraveBrains. She makes brain science practical, helping parents and professionals become healers for hurting children. She is the author of the award-winning Riley the Brave series, Your Magic Backpack series and more.*



**Win one of  
Jessica's  
books!**

*Available in the ORPARC Library too!*

Location	Time & Date	Zoom Link
<b>Virtual Training via Zoom</b>	<b>Monday, November 7, 2022 11:00am-1:00pm</b>	<b>Zoom link will be sent to registered participants</b>
<b>REGISTRATION:</b>	<a href="https://www.orparc.org/training/online/1577">https://www.orparc.org/training/online/1577</a>   1-800-764-8367	

### Questions?

Contact ORPARC at [orparc@nwresource.org](mailto:orparc@nwresource.org) or 800-764-8367



*Continuing Education Credits through NASW Oregon Chapter are available for \$20.00. Please request credits when registering.*

Cascadia Training is an NBCC-Approved Continuing Education Provider (Provider #: 6475) (recognized by NASW Oregon State Chapter)

ORPARC trainings are free-of-charge to ODHS/state adoptive, resource (foster), assisted guardianship families, and ODHS/SNAC adoption professionals, and other participants as space allows. We welcome attendees of all ethnicities, genders and sexual orientations. Trainings are held in accessible locations. Auxiliary aids and alternative forms of written materials are available to persons with disabilities. Foreign language interpretation is available upon request. Request services two weeks in advance.