

Join Us for

# Changing a Child's Challenging Behaviors A Perfect Brain if Living in a Chaotic Family Reparative Strategies for Traumatized Kids

Presented by,

## Kate Messina

PhD, LCSW, RYT - Therapeutic Coach  
Parenting Expert & Founder of  
WisdomPath Way Institute

Friday Mornings  
January 15 & 22, 2021  
10:30 am to Noon

To Join the Zoom Workshop:

LINK <https://us02web.zoom.us/j/89111554556>

Meeting ID: 891 1155 4556 - One tap mobile+16699009128,,89111554556# US (San Jose)

Dr. Messina will look at early brain development, how a child's lens to the world is framed and why what looks like to you extraordinary behavior, is a survival strategy for living in a chaotic, violent, and/or neglectful family. Beyond developing a stronger understand for the origin of a child's behaviors, Dr. Messina will share **parenting approaches** for breaking challenging and maladaptive behaviors.

**WisdomPath Way Institute** provides skill-building and coaching for caregivers, parents and professionals which integrate neurodevelopmental wisdom with a contemporary perspective of child development. The WisdomPath Way model illuminates the relational interplay of the child's developing brain/mind and body and the caregiver or parent's responsibility to teach and coach the child the skills of self-regulation and mood management, impulse control and frustration tolerance, the development of conscience, attachment and empathy, and social skill development.



Dr. Kate Messina is the owner of the WisdomPath Way Institute in Sacramento, California, and has over 30 years of experience working with high-conflict foster/adoptive families. Dr. Messina developed the WisdomPath Way Reparative Parenting Approach as an alternative to conventional parenting models and child-focused individual psychotherapy to respond to the overwhelming need expressed by caregivers and parents for effective interventions. Dr. Messina has been an adjunct professor at California State University Sacramento in the Social Work department since 2012.

## These Workshops are Free and Open to the Public

Kate Messina, PhD, LCSW, RYT

WisdomPath Way Institute

[www.wpwinstitute.org](http://www.wpwinstitute.org)

For More Information on this Workshop

Contact Cherie Schroeder,

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## Foster & Kinship Care Education

Our FKCE mission is to provide quality education and support opportunities to caregivers of children and youth placed in out-of-home care. We want to ensure that caregivers have the tools and resources needed to meet foster children's educational, emotional, behavioral and development needs.

**FKCE CLASSE ARE**

**OPEN**

**to the Public**

Foster & Kinship Care  
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