

Jeff Cotton Trainings

2016 Trainings

For PARENTS & PROFESSIONALS

- **The Eye-Opening LGBTQI Training: Lesbian, Gay, Bisexual, Transgender, Questioning, & Intersex (LGBTQI) Youth**
 - **Stopping Bullying: Taking a Stand**
 - **Black Belt Communication: The Next Level**
 - **Ten Habits of Highly Successful Parents & Professionals**
 - **Communication Anchored in the Truth**
 - **The Astonishing Listening Training (No Kidding!)**
 - **Skillful Engagement with Crises**
 - **Activating the Best in Children**
 - **What to Do When your Buttons Get Pushed**
 - **How to Speak with Children about Difficult Things**
 - **Being Therapeutic with Sexual Minority Youth**
 - **Burnout & Renewal: Internal Inoculation from External Pressure**
 - **Creating Healthy Teams & Partnerships**
 - **Understanding Attachment & Child Development**
 - **How to Help Children Become Thoughtful Decision Makers**
 - **Living Anxiety-Free in Anxious Times**
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The Eye-Opening Lesbian, Gay, Bisexual, Transgender, Intersex Training

While things ARE better, LGBTQI kids still have a 30% suicide-attempt rate and 50% transgender suicide-attempt rate, 25% of kids are still kicked out of their homes, 40% of the homeless population are LGBTQI people. While heterosexual teens are most concerned with good grades, good career, financial stability, LGBTQI kids are concerned with not being kicked out of their families, bullied at school and not being out-ed. This eye-opening training is designed to increase participants' understanding and deepen their therapeutic abilities of this largely misunderstood and diverse population.

Training Objectives

- Recognizing the powerful history gay people in America
- Seeing the parallels of sexual abuse of being a sexual minority youth
- Learning to not only teach tolerance, but to celebrate diversity

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Stopping Bullying: Taking a Stand

Bullying is unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance. The behavior is repeated, or has potential to be repeated. **One incident of bullying can have lifelong implications for youth.** Both kids who are bullied and who bully others may have serious, lasting problems. This training covers a veritable smorgasbord of what to do and don't do.

Training Objectives

- To help participants become conscious of the three types of bullying; Verbal, Relational and Physical – and the implications for our youth
- To illuminate when and where bullying happens
- What to do (and not do) regarding bullying behaviors

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Black Belt Communication: The Next Level

This training identifies passive, passive/aggressive and aggressive communication styles, as well. It explores the dysfunctional dance between them where any communication imbalance destroys relationships. Black belt communication is designed to help participants gain skill and balance in listening more open-heartedly and speaking more assertively.

Training Objectives

- Identifying the differences between passive, passive/aggressive, aggressive and assertive communications – as well as the prices and payoffs of each
- To help participants decrease passive and/or aggressive communications and consciously increase their assertive communication
- Practice using assertion to help heal conflicts

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Ten Habits of Highly Successful Parents and Professionals

This workshop will illuminate “Ten Habits of Highly Successful Parents and Professionals.” These habits are effective in not only forming healing connections with children, but in simultaneously taking better care of themselves, as well.

The workshop is a wide-ranging smorgasbord of pertinent philosophies and therapeutic strategies with an emphasis on critical communication skills and self-awareness. It's designed to be instantly practical in renewing the spirit of parents and professionals as they face the challenges of better serving their children.

Training Objectives

- Understanding the three part job: children, other adults, and own personal growth
- Learning to separate underlying themes (self esteem, abandonment, physical/sexual abuse) from the symptomatic day-to-day triggers

Helping parents and professionals gain clarity about their own:

1. Fear and control issues
2. Preferences and attachments
3. Shadow selves

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Communication Anchored in the Truth

Contrary to the popular nursery rhyme that ‘Sticks and stones can break my bones, but names will never hurt me’, words have a *profound* impact upon us. Many of the children in our care were wounded, if not devastated, by the words they heard spoken... or *hungered* to hear spoken. This intriguing training will present a unique perspective for using skillful communication as a vehicle to create space for the truth to arrive.

Training Objectives

- Recognizing the power of words (positive and negative) upon relationships with self and others
- Understanding communication styles with oppositional children (stuck in “no”) and compliant children (stuck in “yes”)
- Recognizing the dysfunctional similarities of passivity and aggression
- Helping participants consciously cultivate assertion

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The Astonishing Listening Training (No Kidding!)

The validation of children does not come so much from *helping* them, as it does *hearing* them. Most parents and professionals are engaged in fixing and advice-giving modes of helping which focus on what children need to hear from us... rather than what we need to hear, and receive, from them. This profound training is designed to immerse participants in the experience of listening with an ear towards 'being with', rather than 'doing for' children. As Karl Jung said, "Listening is the first act of love."

Training Objectives

- Recognizing key barriers to listening
- Illuminating the vast differences between open-ended and closed-ended questions
- Experience the astonishing freedom that compassionate empathy makes in being with, rather than doing for, children
- Activating children's inner wisdom

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Skillful Engagement with Crises

This training focuses on **how to internally anchor yourself in non-crisis** so that we approach those in fear without adding our own chaos to theirs. It demonstrates the overt power dynamics and the underlying clinical issues being acted-out by parents and professionals, as well as the children.

This training helps use crises as “teachable moments” designed to strengthen the bond to children with fragile attachments.

Training Objectives

- Using the crisis as a “teachable moment” to strengthen the bond with children
- Importance of words in forging an alliance or creating a war
- Becoming anchored to oneself during a crisis situation
- Empathic resolutions, respectful disagreements and clear boundaries

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Activating the Best in Children

Learning to help abused, vulnerable children mature into healthy, self-responsible human beings is a profoundly difficult challenge. It demands a true willingness on our parts to *not* just try and make them behave and make the “right” choices but, instead, to enter into more equal and healing partnerships with our children.

This pragmatic, inspirational training goes beneath the labels and diagnoses, settling for nothing less than the arrival of the human being inside the child.

Training Objectives

- Helping children become less externally focused, and more internally responsible, caring, mature human beings
- Using misbehavior as a “teachable moment” not a punishing one, where consequences are used *only as a last resort*
- Entering into deeper partnerships with children by transitioning from behavioral point, reward and consequence systems into more healing, interactive and *co-authored* decision-making

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What To Do When Your “Buttons” Get Pushed

What type of kids (or adults or families) “get you going”? Who pushes your buttons and makes you mad? Helpless? Irritated? Frustrated? Frightened? And perhaps worst of all... incompetent? Yet, more important than who pushes your button is... **which button (of yours) did they push?** And equally important is what to do when your button gets pushed rather than how do we get “them” to stop pushing our buttons?

While the work can be exhausting, more often than not, our own issues and countertransferences... buttons... are the major stumbling blocks we’re actually up against. It’s important to come clean with what’s activated within us. In fact, there’s no way out of the reactive prison if we think someone else put us in one. This workshop focuses on the core reactivity inherent in most interpersonal conflicts, struggles and dramas; the underlying shadow of our own unresolved dilemmas.

Training Objectives

- Gain a clearer understanding of their own buttons so they can become freer and more skillful in their interactions
- Become actively involved in their own growth, so they can serve as role models in teaching children to grow within themselves
- Gain valuable insights into recognizing their own buttons and receive pragmatic tools in working with, and melting through, them
- Mature and grow in high stress professions with enthusiasm, effectiveness, grace, and balance

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How to Speak with Children About Difficult Things

Learning to talk with children about the profound issues affecting their lives demands a high level of skill and empathy on the part of parents and professionals. Many of our children are confused and well-defended, pushing away all attempts to help.

This training is designed to give participants not only a deeper understanding of resistance, but a way to thoughtfully meet and melt through it while approaching difficult subjects.

Training Objectives

- Gaining awareness in how to lay the therapeutic foundation for a truthful, thoughtful conversation to take place
- Developing new tools in how to listen with an ear toward understanding rather than doing
- Learning the difference between information sharing which engages the child's inner witness and manipulation which engages either opposition or compliance

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Being Therapeutic with Sexual Minority Youth

Gay, Lesbian, Bisexual, Transgendered, and Questioning Youth (GLBTQ) have a difficult time making their way in the world. They face hostility in society and in their own families. Many GLBTQ youth, kicked out of their families, become wards of the court, either in the social service or probation programs. Compounding the dilemma they face is discrimination from foster/adopt parents and group home professionals.

This thoughtful and challenging training helps explore the parallel processes of sexual abuse and societal condemnation which contributes to creating shame, secrets, suicidality and alarming addiction rates in our children. It is designed to help parents and professionals learn to become more therapeutic in working with sexual minority youth, whether they view homosexuality as a sin or not.

Training Objectives

- Recognizing societal sexual abuse of sexual minority youth
- Learning to protect GLBTQ Youth from peers and adults
- What to do when religious beliefs clash with professional duties
- Strategies to help not only teach tolerance, but to celebrate diversity

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Burnout & Renewal: Internal Inoculation from External Pressure

Caregiver burnout is rampant in professions where it seems that no matter what we do, we can never get it done. Whether it our children's disturbing behaviors, our coworkers/spouses (and *their* disturbing behaviors) or the agency and state's ever-shifting, never-ending demands... it seems that someone always wants more than we can give. This pragmatic and inspirational workshop is about thoughtfully cultivating the internal resources key to thriving (rather than just surviving) the ongoing chaos inherent in the helping act.

Training Objectives

- Gain critical insights into codependence and anti-dependence; as well as their profound impact upon working with abused and vulnerable children
- Help participants recognize their own codependent and anti-dependent reactive stances
- Becoming less entangled in the helping act while learning to care for self and others in a more skillful and interdependent manner
- Mature and grow in this sacred and stressful work with enthusiasm, effectiveness, grace, and balance

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Creating Healthy Teams & Partnerships

This interactive high risk/high gain workshop helps individuals, couples and teams assess their own, and each others, areas of strength and areas of challenge. It is designed to instantaneously increase the personal and professional commitments of parents and professionals to find inspiration and commitment, consensus and resolution, and healthy interactions to help children heal.

Training Objectives

- Understanding Posttraumatic Stress: how dysfunctional families create it; how disharmonious teams perpetuate it.
- Helping individuals, couples and teams accurately and honestly assess their own, and each others,' areas of strength, growth and challenge.
- Allowing each person to develop a concise, person maxim
- Helping resolve interpersonal conflicts and mending communication wars

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Understanding Attachment & Child Development

Children in foster, adopt and group homes often suffered devastating chaos in their developmental milestones. Bonding, attachment and trust, necessary for becoming authentic and whole, were often ruptured by the inability of the birth parents to anchor these fragile beings as they came into the world. This insightful, thoughtful training illuminates the developmental stages children go through. It helps parents and professionals understand and healthy child development and help foster attachment.

Training Objectives

- Understanding symbiosis, practicing, rapprochement, and object constancy
- Illuminating the survival strategies of reality distortion and projective identification
- Gain awareness of object splitting and emotional refueling
- How to help children heal

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How to Help Children Become Thoughtful Decision Makers

It is not our job to help children make good or right decisions. It is our job to help them make thoughtful ones. Learning to help abused, vulnerable children mature into healthy, self-responsible human beings is a profoundly difficult challenge. It demands a true willingness on our parts to enter into more equal and healing partnerships with our children. This pragmatic, inspirational training offers freedom from the helping act.

Training Objectives

- Helping participants learn to help children make thoughtful, as opposed to good or right, decisions.
- Using misbehavior as a “teachable moment” not a punishing one; where consequences are used *only as a last resort*.
- Helping parents and professionals enter into more healing, interactive and *co-authored* decision-making with children.

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Living Anxiety-Free in Anxious Times

We live in anxious and uncertain times. Almost everyone is affected in some way or another. As long as we hold the misperception the external “world” is causing our anxiety, there will be no escape from fear. This training is about how to internally inoculate yourself from external pressures, allowing parents and professionals to thrive even in the midst of anxious times.

Training Objectives

- Recognize anxiety factors in how we see what we see
- Develop critical tools in recognizing their own lens of fear
- Develop critical tools in freeing themselves from their own lens of fear
- Become less entangled in being in relationship with others while learning to care for themselves in a more skillful, balanced, and interdependent manner

BIOGRAPHY

Jeff Cotton, MFT of *Jeff Cotton Trainings* has worked with children and families for 35 years. For the past 25 years, he's conducted seminars for Child Care Associations; including group homes, residential treatment programs, foster family agencies, and schools throughout the United States. He is the author of the training manual, "***Skillful De-escalation with Children: Approaching Fear Without Fear***", certified by the state of California for group homes and residential treatment programs.