



# Conscious Discipline ©

DECEMBER 2-3, 2021

## BUILDING CLASSROOM CONNECTIONS WITH CONSCIOUS DISCIPLINE PRACTICES

This training is based on Conscious Discipline, which is a trauma-informed and evidenced-based program by Dr. Becky Bailey. The “conscious” part of Conscious Discipline is based on consciousness and mindfulness research and consists of seven powers. The Seven Powers for Conscious Adults empower us to self-regulate.

### Presenters:

Lindsey Devor, LMFT Trauma-Informed Care Lead Project Specialist  
Jessica Soto, Prevention and Intervention Specialist  
Veronica Rouseseau, Program Specialist SPED

### Audience:

Administrators, teachers, parents, and mental health professionals.

### Location:

DMESC, 17800 Highway 18, Apple Valley, CA

### Time:

8:30 a.m. – 3:30 p.m.

### Cost:

\$100 members (\$200 non-members)

### Registration:

<https://sbcss.k12oms.org/52-210370>

## MANAGING EMOTIONAL MAYHEM: THE FIVE STEPS FOR SELF-REGULATION

Trauma-Invested practices meet our human need for safety, connection, and problem-solving. Managing Emotional Mayhem lays a conceptual foundation, explores limiting beliefs, presents new adult skills and teaches us how to coach children in this transformative self-regulation process.

### Location:

DMESC, 17800 Highway 18, Apple Valley, CA

### Time:

8:30 a.m. – 12:30 p.m.

### Cost:

\$25 members (\$50 non-members)

### Registration:

<https://sbcss.k12oms.org/52-210371>

### Presenters:

Lindsey Devor, LMFT Trauma-Informed Care Lead Project Specialist  
Erica Vargas, LMFT, LPCC, Intervention Specialist

### Audience:

Administrators, teachers, parents, and mental health professionals

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Get in Touch

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