

RAISING GOOD KIDS (WHILE BEING A GOOD ENOUGH PARENT)

Ty Vernon, PhD, University of California Santa Barbara

Description: In an era of unsolicited parenting advice and contradictory opinions on how to best raise children, it can be difficult to navigate the wild ride that we call parenting. While Dr. Vernon doesn't pretend to be an expert parent (as if such a person exists!), he hopes to lead a discussion on effective parenting strategies drawn from the latest child development research.

His talk will cover the topics of intentional parenting, consistency versus flexibility, limit setting, positive discipline, emotional awareness, effective communication, self-care, and unconditional love. This content is informed from contemporary research examining the relationship between parenting practices and child outcomes. It is geared for medical and mental health professionals who help caregivers to thrive.

After attending this presentation participants will be able to:

1. Describe at least three strategies associated with intentional and consistent (yet flexible) parenting practices
2. Identify two positive discipline and communication approaches
3. Develop at least three practices to improve emotional awareness and self-care

Dr. Ty Vernon is a Licensed Psychologist, the Director of UCSB's Koegel Autism Center, an Assistant Professor of Clinical Psychology at UC Santa Barbara, and the father of three young children (with another on the way). He has published peer reviewed research papers and provided presentations on parent-mediated interventions and child development in autism spectrum disorders. He has also taught graduate and undergraduate courses in therapeutic helping skills, developmental psychopathology, behavior, psychological assessment, and child and family therapy.

You can learn more about Dr. Vernon and the UCSB Koegel Autism Center at www.education.ucsb.edu/autism.

Santa Barbara Cottage Hospital
Psychiatry and Addiction Medicine
Department invites you to attend
its May 2019 presentation.

Wednesday, May 8, 2019

Noon to 1:30 PM

**Santa Barbara Cottage Hospital
Amphitheatre**



CONTINUING EDUCATION

Physicians: Please note that due to changes in the requirements to qualify for CMEs Psychiatric Grand Rounds is no longer able to offer CMEs.

- Course meets the qualifications for 1 hour of continuing education (CE) credit for LMFTs, LCSWs, LPCCs, and LEPs as required by the California Board of Behavioral Sciences.
- Santa Barbara Cottage Hospital is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs (provider # 57341) and Santa Barbara Cottage Hospital maintains responsibility for the program/course and its content.
- Course approved by the California Board of Registered Nursing, Provider #00252 for 1 contact hour.
- No RSVP or advance registration is required. Registration for course attendees requesting continuing education credit will take place prior to the start of the course.
- CH employees may receive the continuing education credit through HealthStream.
- Continuing education certificates for others will be issued within 10 business days following receipt of the course evaluation and \$15 fee. Detailed instructions will be provided at registration.
- Grievances may be addressed directly to the Education Department.
- **Continuing Education:** To receive credit, attendance for the full hour is required
- If you are in need of special accommodation please contact the Education Department at (805) 569-7325.

Learn more about our Psychiatry and Addiction Medicine services at:

cottagehealth.org/mentalhealth

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