



Insight Therapies LLC (814) 662-5338 www.DrMarthaWatson.com

Become a Parent and Caregiver Support Partner RelaxationNonViolenceTraining.com

Caregivers Education Program Description Brief:

28-Day Caregiver Education \$260.00

Description: 4 classes, 30-minute periods with Toolbox Web-based training program with instructional coaching telephone support digital media exercises: audios, videos and music and workbooks accessible by smartphone, PC, and tablet.

The 28-day program is designed for Caregivers to rid Caregiver and Parenting stress and teach Caregivers how to become a change agent helping their child or loved one who may be at risk or suffering from behavioral health and physical health problems. Skills learned are relaxation, communication, and problem-solving exercises. Caregivers learn exercises, daily practices and activities that reduce stress, increase communication, and provide coping skills to help deal with difficult situations, and to become mindful in approaches to emotions, caregiver stress and a variety of challenges that caregiver faces.

Register for Caregiver Education Today!

Call (814) 662 - 5338

Caregiver Education

How is Caregiver Education Class Offered?

The class is offered by a 28 -day online program that provides participants with supportive tools specifically developed for the course that supports the curriculum. Class participants receive access to web-based support tools accessible by smartphones that contains a media kit providing brochures(Adult & Child), handouts, audio/video exercises, User Instruction book and (3) workbooks helping to build problem-solving skills, positive coping skills, communication skills, reducing stress and negative effects of emotions (anger), building empowerment and recovery skills for self-help strategies. Class is offered to individuals to tailor to needs. Additional offerings are available, please call for more information.

Program Description:

Caregiver Education gives a tool-box of self-care tools to reduce personal stress, change negative self-talk, and skill building resources to communicate better (needs to family members, healthcare/service providers, effectively in challenging situations). Skills taught in the program are essential building Executive Function, Self-Regulation, Life Skills, Social, Health and Character Education. The goal of the program empowers caregivers to recognize mindful practices to learn how to reduce stress, increase communication, regulate emotions for a variety of daily experiences a caregiver faces.

Additionally, Caregivers become a therapeutic change-agent helping their family members by two strategies.

Changing the landscape of Patient & Family-focused care:

Coherence: A Family Caregiver learns how to achieve coherence by relaxation exercises that science has proven to have a positive impact on others. Caregivers become a change agent for senior care or child health and wellness. Caregivers foster health, healthy behavior and decrease pain, and hardships beyond words working by the field of the magnetic heart.

Easy Family Exercises: Teaching family members therapeutic exercises

Parent and Caregiver education facilitates family involvement. Caregivers learn therapeutic exercises that offer benefits for both Caregivers and care receiver. Simultaneously caregivers learn the skills and become a coach to their family members.

Caregivers Education class goal is to empower Caregivers to take better care of themselves, react to emotions in a healthy manner, and gain more confidence.

Benefits for Caregivers improves stamina, endurance, and abilities by building problem-solving and coping skills.

Family-Focused Approach Benefits: Caregiver Education Program is a research-based curriculum that offers scientifically proven methods to reduce anger, anxiety, depression, stress, and pain as well as improve positive mood, memory and focus, and quality of life. Self-help tools counterbalance symptoms of stress and stress-related disorders including impulsive behavior, disruptive behavior, declining mental, behavioral and physical health including mood swings, social phobia, trauma, substance abuse and more.

Caregivers teach their family members how to reduce stress by relaxation therapies, brain-based exercises that control impulses, improve memory focus and attention, achieve problem-solving mindful practices maintaining self-control of emotional responses to stressful sensations, events, and experiences regulating parasympathetic responses promoting physical and behavioral health benefits (evidence-based).

Problems we address helping Caregivers and Parents:

Community Epidemics: Stress, Suicide, Trauma, PTSD, Alzheimer's, Dementia, Depression, Post-Partum Depression, Anger Management, ADHD, Anxiety, Obesity, Substance Abuse, Disruptive Behavior, and Impulsive Control Disorders. *Harmful effects of stress leading to broken homes, the rise of violence, bullying, and drug and alcohol abuse.*

Silent Child Epidemics Miscarriages, Autism spectrum disorders, Child Development Delay, Trauma, Stress & Stress Disorders: Acute Stress Disorder (ASD) and Posttraumatic Stress Disorder (PTSD)

Elderly Epidemics Alzheimer's Disease, Dementia, Cognitive Health, Pain, Heart Disease, High-Blood Pressure, High-Cholesterol, Diabetes, Substance Abuse, Respiratory Problems including COPD (chronic bronchitis, asthma, Emphysema) Cancer (skills proven build immune system)

Opioid Epidemic Opioid law mandates our methods to be used! | Nonpharmacological Pain Management

Solutions for Mental Health Epidemics and Substance Abuse. We offer **Nonnarcotic, Nonopioid methods.**

The program fulfills and increases compliance scores with **JCAHO, Osteopathic and Veterans Hospital** compliance mandates. **For more information, registration or interest in becoming our community partner, please call us at PH: (814) 662 – 5338.** This program is a brain-based, evidence-based, research-based program. Please feel free to ask for scientific research.

Our Silent Crises: *You are encouraged to step forward to **help yourself and your family**, stop the harmful increase of stress, violence, substance abuse and mental health epidemics impacting families.*

Hoping can't end the struggle of mental and medical health problems or substance abuse – But together we can. Call (814) 662 – 5338