Pathways to Building Children’s Resilience and Promoting Joyful, Lifelong Relationships

Research in affective neuroscience continues to confirm that relationships are the bedrock of mental and emotional health. In this keynote, Dr. Delahooke will describe how relationships build resilience, flexibility, and grit, and importantly, what parents and caregivers can do to support it in their infants and young children. This training will describe the roadmap that shows providers how to help caregivers customize their interactions based on their child’s unique nervous system. This personalized approach, called Brain-body Parenting, provides a new lens or paradigm for parents that goes beyond generic ideas about relationships by walking parents/caregivers through a process that will lead to unlocking the keys for resilience and a solid attachment foundation that lasts a lifetime.

Learning Objectives:

1. Describe how we help support the strongest “neural” or brain/body platform that is the launch pad for human emotions and behaviors.
2. Understand how to customize interactions with the goal of co-regulation that is titrated and respectful of each child’s (and parent’s) nervous system.
3. Discover practical strategies for immediate use when children (and parents) are suffering, challenged or vulnerable.
4. Explain how to promote safety rather than threat in the environment through a trauma-responsive and groundbreaking approach informed by research in development and neuroscience.

BIO - Mona Delahooke, Ph.D.

Mona Delahooke, PhD, is a licensed clinical psychologist & author with more than 30 years of experience caring for children and their families. She is a senior faculty member of the Profectum Foundation, an organization dedicated to supporting families of neurodiverse children, adolescents and adults.

Dr. Delahooke holds the highest level of endorsement in the field of infant and toddler mental health in California, as a Reflective Practice Mentor (RPM). She is a frequent speaker, trainer, and consultant to parents, organizations, schools, and public agencies. Dr. Delahooke has dedicated her career to promoting compassionate, trauma responsive, relationship-based neurodevelopmental interventions for individuals with developmental, behavioral, emotional, and learning differences.

She is the author of the award winning book Beyond Behaviors: Using Brain Science and Compassion to Understand and Solve Children’s Behavioral Challenges (PESI, 2019), and Brain-Body Parenting. She also founded the Brain-body Parenting Collective, a supportive Community for parents and providers.