Devereux ADVANCED BEHAVIORAL HEALTH | CENTER FOR RESILIENT CHILDREN

THE PENNSYLVANIA KEY

FLIP IT!® ×3

VIRTUAL TRAINING

Three Ways to Use FLIP IT during Challenging Moments with Kids, Adults, and You!

The FLIP IT strategy is an effective four-step process for addressing challenging moments with young children, and it can now be used to address additional challenges you experience with yourself and with other adults. The four steps are embodied in the FLIP mnemonic, which stands for F-Feelings, L-Limits, I-Inquiries, and P-Prompts. No matter what kind of challenge you are facing, these four supportive steps can help you identify underlying feelings, establish healthy limits, explore alternate solutions, and gain healthy coping skills.

FLIP IT can become your go-to strategy that will create healthy habits for coping with young children, yourself, and with other adults during challenging moments. Join the author of FLIP IT, Rachel Wagner, for this three-part training to learn how to use FLIP IT three ways!



Part 1: FLIP IT with Young Children – Tues., April 29, 2025, from 1 p.m.-2:30 p.m. (ET)

During this session, you will learn how to use the four steps of FLIP IT during challenging moments with young children. When we find children's behavior challenging, it is important to acknowledge that the behavior is coming from a feeling, then provide a healthy limit, and then coach the child through the process of finding alternative behaviors and coping skills.



Part 2: FLIP IT with Yourself – Tues., May 6, 2025, from 1 p.m.-2:30 p.m. (ET)

During this session, you will understand how to use the four steps of FLIP IT during challenging moments with yourself. When we are faced with stress and difficult feelings, FLIP IT can help us cope by guiding us through a process of validating our feelings, establishing healthy boundaries, and moving through the problem-solving process with self-compassion.



Part 3: FLIP IT with Other Adults – Tues., May 13, 2025, from 1 p.m.-2:30 p.m. (ET)

During this session, you will explore how to use the four steps of FLIP IT during challenging moments with other adults. When we find ourselves in a conflict with another adult, we can use the FLIP IT strategy to guide us through a process that will help us find resolution. In most conflicts, people benefit from having their feelings validated, their limits established, and their solutions co-created.

Click HERE to register or scan the QR code to the right.

To receive PQAS/ACT 48 credit for this event, each participant must register and log in through the link provided in the confirmation email sent to you. The join link for each session is unique to you and is used as your attendance record.