

Life Calibrations Counseling and Consulting

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Nurtured Heart Approach Training Menu

Service Options	Length of Service	Cost of Service
Staff Training Basic Course	6 hours	\$1500
Staff Training Immersion Series	6 weeks 2.5 hours/ week	\$3800
Staff Follow up Training Topics Can Include: ❖ Developing a Shared NHA Program Vision ❖ Treatment Planning and NHA ❖ “Notching Up” Clinical Skills with NHA ❖ Crisis Response and NHA ❖ Case Consultation ❖ NHA and Compassion Fatigue	TBD based on needs of program	\$250/hour- training time only fee includes preparation time and travel unless training location is more than 15 miles from Downtown Sacramento
Parent Training Basic Course	6 hours	\$1500
Parent Training Immersion Series	6 weeks 2.5 hours/week	\$3800
Parent “Notch It up” Training Topics Can Include: ❖ Review of NHA ❖ Role play and practice of recognition techniques ❖ Individualized treatment plans ❖ Additional parent self-regulation strategies	TBD based on needs of program	\$250/hour
Individual Parent Coaching for NHA/Parent Support Session/Family Therapy	50 minutes	\$130- to take place at my therapy office only

*For all trainings hosting agency is responsible for providing training space, copies for handouts, workbooks (\$10/book) for each participant of an immersion series, and any desired refreshments for the group.