

# Child-Adult Relationship Enhancement (CARE)

Child-Adult Relationship Enhancement (CARE) is a trauma-informed way for any adult to interact with any child or teen. It seeks to increase positive child-adult interaction, child compliance, and child engagement.

CARE uses ideas and skills derived from evidence-based, positive parenting programs. CARE is not therapy, but can compliment ongoing therapeutic services. During a multi-hour training that can be hosted at your facility, participants will learn a skillset that will enhance child-adult relationships in any setting and with a multitude of child populations, ages 2-18.

## Who CAREs

CARE is for any adult working with children or teens to improve relationships and reduce mild-to-moderate behavior challenges. Through a positive relationship, a child's social-emotional development

- Parents (foster, kinship, adoptive, biological)
- School personnel
- Medical and allied health professionals
- Mental health professionals
- Autism service providers
- Child welfare or advocates
- Early childhood program providers
- Home visitors
- Shelter, residential, substance abuse treatment staff

and learning potential are enhanced.

## Skills Preview

Participants will learn and practice skills designed to strengthen healthy relationships. Trainers give live feedback to enhance learning of CARE skills. Modifications to training can be made for use with adolescents. CARE training targets two key concepts:

- **Positive Relationships:** Skills and techniques that work together to strengthen relationships, improve communication, and reduce problematic behaviors.
- **Increased Compliance:** Tips and strategies to improve the likelihood of following adult directives.

## Why CARE?

Nationally, 99% of participants report learning at least one useful skill, and 98% would recommend the training to a colleague. CARE blends lecture, activities, and live practice with trainer feedback to create a fast-paced, fun-filled training experience.



## Contact

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## Learning Objectives

By the conclusion of the workshop, participants will be able to:

- Identify at least 2 reasons why use of CARE skills with children and teens may benefit those with a trauma history.
- List 3 ways to improve relationships with children and teens, including how to improve behaviors in children and teens.
- Discuss how to help adults provide instructions that are more likely to improve compliance rather than defiance.
- Discuss how CARE skills can be easily implemented into multiple settings, including schools.

## Training Requirements & Cost

CARE trainings are unique. After instruction, participants practice skills and receive immediate, personalized feedback. A training can be anywhere between 3 to 6 hours and can be hosted at your facility.

To facilitate learning, trainings have:

- A low trainer-to-trainee ratio
- Enough table space for small group activities
- Creative toys (Legos, crayons, playsets, play food or animals, blocks, etc.)\*
- Projector and audio capability

*\*Toys can be provided for training upon request at no cost.*

Training fees are determined based on the unique needs of each agency. Quoted cost includes the training and all required materials.

*CARE™ is a product of the developers from Cincinnati Children's Hospital Medical Center, Duke University Medical Center, and Children's Hospital of Philadelphia.*



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## About the Trainers



**ROBIN GURWITCH, PHD**

*Professor, Duke University Medical Center*

*Co-developer of CARE*

*PCIT Master Trainer*

Dr. Gurwitch, a clinical psychologist, is involved in research, service, training, and consultation for CARE and Parent-Child Interaction Therapy (PCIT). Additional areas of expertise include children with trauma histories and children impacted by substance abuse. She has adapted PCIT and CARE for use with military families.



**DARDEN WHITE, MED, LPC**

*Clinical Faculty, PCIT Training Program*

*Endorsed CARE Trainer*

*Level I PCIT Trainer*

Ms. White, a licensed professional counselor, is involved in research, service, training, and consultation for CARE and Parent-Child Interaction Therapy (PCIT). She specializes in work with children and families considered to be at-risk, and children with autism spectrum disorders.



**ERIKA WRAY, LCSW**

*Clinical Faculty, PCIT Training Program*

*Endorsed CARE Trainer*

*Level II PCIT Trainer*

Ms. Wray, a licensed clinical social worker, is involved in service, training, and consultation for CARE and Parent-Child Interaction Therapy (PCIT). Her interests lie in serving families involved in the foster care system and children on the autism spectrum.



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