



The Nurtured Heart Approach & Transition Resets

Presented by: Laine Whitaker, Effective School Solutions

Hosted by: UF Health Jacksonville – CARD & FDLRS-MDC

About the Presenter

Laine Whitaker, MSL is the Vice President of Professional Learning at ESS. She has over 15 years of teaching experience serving at-risk youth at the New Jersey State Department of Children and Families, Office of Education. Additionally, she was a High School Dean of Students before transitioning to consulting. Laine is an Advanced Trainer of The Nurtured Heart Approach®, a Certified Mental Health First Aid® Instructor and holds several Parenting and Youth Group Facilitator certifications. She has a Social Work certification from Rutgers University, and a master's degree in Leadership from Cabrini University. At ESS, Laine uses her knowledge and passion for healthy student engagement to offer professional learning, coaching, and consulting to educators and parents. Laine was also an Adjunct Professor at Cabrini University where she taught a course on Social-Emotional Learning, which she designed for education majors.

Training Descriptions

Target Audience: Teachers, Therapists, Paraprofessionals, Behavior Specialists, School Administrators, Parents

Morning Session: The Nurtured Heart Approach® (NHA) is a set of strategies for helping children (and adults) use their intensity in successful ways and awaken to their greatness. NHA cultivates intrinsic motivation for academic and pro-social growth. While initially designed for behaviorally challenged students, NHA's impact extends to all children, fostering profound change. By harnessing students' intensity constructively, NHA empowers educators to forge impactful relationships, crafting an ideal environment for enhanced learning.

Afternoon Session: Students often lack the skills and have difficulty recognizing opportunities to regulate their emotions. Transition resets imbed mindfulness and emotional regulation techniques into students' daily school routines. With frequent repetition, resetting can become a transferable skill that is easily accessed when students are overwhelmed. The more students learn the value of resetting the more they will begin to learn to reset themselves and others. Participants will learn strategies for developing a reset paradigm in the classroom and the entire school, along with practical techniques for implementation.

Training Objectives

Morning Session

Develop an understanding of and implementation skills for:

- Stand 1 – Absolutely No – No energy to negativity
- Stand 2 – Absolutely Yes – Relentlessly energize the positive
- Stand 3 – Absolutely Clear – More clear, less punitive
- The power of resetting

Afternoon Session

- Develop an understanding of the Human Stress Response and its effect on behavior
- Develop an understanding of emotional regulation
- Learn the benefits of mindfulness for teachers and students
- Using transition resets to foster emotional regulation skills

Date:

February 19, 2025
9:00am-4:00pm

Location:

Schultz Center
4019 Boulevard Center Drive
Jacksonville, FL 32207

Directions:

For directions, click [HERE](#).

Registration Deadline:

February 14, 2025, 5:00 PM

Scan QR code or Register

[HERE](#):



For more information contact:

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Contact your ESE District Staff or Staff Development Contact to determine the process for receiving in-service points.

Regional Trainings are hosted by the Center for Autism and Related Disabilities, through the Partnership for Effective Programs for Students with Autism (PEPSA), a program funded by the State of Florida, Department of Education, K-12 Public Schools, Bureau of Exceptional Education and Student Services, through federal assistance under the Individuals with Disabilities Education Act (IDEA), Part B.

