



The Parent Retreat

Thursday, March 7th–Saturday, March 9th, 2019

The Inaugural Parent Retreat: Enhancing Development is an opportunity for the clinical team at LKS to impart knowledge and skills that are important for parents to have to nourish the development of their sons as they enter adolescence and adulthood. Participants will gain and practice specific strategies that support continued development on phone calls, family therapy and at home. With the unveiling of the parent Social Emotional Curriculum (SEC), therapists wanted to provide more opportunities for parents to learn and practice skills in addition to the four parent workshops scheduled throughout the school year.

The retreat is a great opportunity to build and practice skills, build a strong therapeutic alliance with the school and form a support network with other parents. It provides the opportunity to interact with other parents, creating opportunities to form positive relationships and resources for emotional support.

Event Information & Summary

The Parent Retreat will start the evening of **Thursday, March 7th and conclude on Saturday, March 9th**. The location is the **Hilton Garden Inn in Charlottesville**. The school has reserved a block of rooms at the rate of \$127 a night. The event will begin with a reception on Thursday evening. Breakfasts and lunches will be provided during the event. Families will have the opportunity to enjoy dinners on their own or with other families.

For families who wish to extend the retreat to include an overnight visit with their sons, the school will arrange for those students to be transported to the Hilton Garden Inn at the conclusion of the retreat, enabling families more time together without needing to travel to campus on Saturday.

The retreat itinerary consists of sunrise discussions, breakout workshops, and cohort groups. The sunrise sessions are speaker led discussions related to the work the boys and families are doing at LKS. The breakout workshops provide parents the opportunity to learn and practice skills. Cohort groups are smaller settings where parents will be able to reflect on what they have learned in workshops, share interactions, and both give and receive support among other parents. Workshops will utilize subject matter pulled from the newly developed Parent Social Emotional Curriculum (SEC). Parents will rotate through the various workshops over the course of the weekend. A binder of materials, including PowerPoint presentations and handouts, will be provided at the beginning of the retreat.



The Parent Retreat was created based upon feedback from parents about continued ways in which LKS can support parents and families. We are very excited to be expanding our parent training and providing this opportunity. We hope to see you there!

Workshop Descriptions

Sunrise Discussions

[The Therapeutic Alliance with Marc Columbus & Dr. Marty Thomson](#)

This sunrise discussion highlights the importance of and specific strategies for optimizing our working partnership. *We dearly value the trust extended to us when you enrolled your son at LKS to receive treatment.* The discussion will include ideas on how to further the effectiveness of your relationship with specific elements of the LKS community such as residential, administrative contact, therapist, and academics.

[Making Sense of Medications with Dr. David Byrnes](#)

This session will provide an overview of the use of psychotropic medications at LKS. Dr. Byrnes will discuss the different classes of medications most often used and their indications for use. In addition, he will discuss how the environment at LKS provides increased opportunities for observation and data collection.

Conceptual & Developmental Workshops

[Introduction to Social Cognitive Development](#)

This workshop provides information on the development of the social mind and some of the Social Thinking strategies that we incorporate into programming. Further descriptions will be offered on how we integrate contextual practice of social cognitive development throughout the community. Finally, we will discuss how you can use these strategies when you are with your son.

[The Art of Art Therapy*](#)

During this workshop you will develop an understanding of what students gain through art therapy. This is not only an informative workshop but experiential as participants complete an exercise that Patricia Moore conducts with her students.

**Note: This session is for parents whose sons have art therapy with Patricia or those who are considering adding it as an optional service and want to learn more.*

[OT – Sensory Processing and So Much More](#)

Lorna Christenson will provide an overview of OT services at LKS, the four different categories of sensory needs and how to manage the sensory needs of your son and your family.

[Attunement & Co-regulation](#)

During our Parents' Weekend in October, you attended Part One of Attunement & Co-regulation. In that workshop parents learned about what attunement is, how to identify ways to self-regulate, and how to choose responses that support your son's growth. You also gained more of an understanding how attunement and co-regulation influence attachment.

During the workshop you will gain a better understanding of how to encourage your son to meet his own self-regulation needs. You'll also learn how to encourage him to use tools to independently initiate self-regulation and how to teach your son to attune to others.

Parent Social Emotional Curriculum Workshops

[Thinking and Processing Workshop: Noticing For and With Your Son](#)

This workshop will provide information for understanding and practicing the first steps to help your son become more self-aware. To increase your son's awareness of himself, other people, places, and situations; it is important to notice these things with him. We do this by labeling what we see, hear, smell, and feel. You'll also learn how to notice with him the many different things that are occurring in the environment.



[Competence Workshop: Group Think vs. Me Think](#)

We are continually challenged to understand what is going on with others around us. Balancing our understanding of those around us with thoughts we have about ourselves, our agendas, and knowing how to differentially respond to each, is the developmental challenge addressed in this workshop. The workshop will also provide information on defining group and me thinking as well as how to help your son identify when he is using each form of thinking.

[Collaboration Workshop: Understanding the Crisis Cycle](#)

The emotional ups and downs of one's experience are roughly arranged in a cycle that can be predicted. Knowing where one is in that pattern of escalation gives concrete clues for effective intervention. In this workshop you will learn about the crisis cycle, the points where your son is most and least receptive to intervention, and tools to help both your son and yourself regulate emerging emotions.

[Social and Relationship Workshop: Understanding your Communication Style](#)

How we communicate with one another is one of the core components when building a relationship. This workshop will provide information on the various styles of communication: passive, aggressive, passive-aggressive, and assertive and how each communication style is beneficial or a hindrance to your son's development.

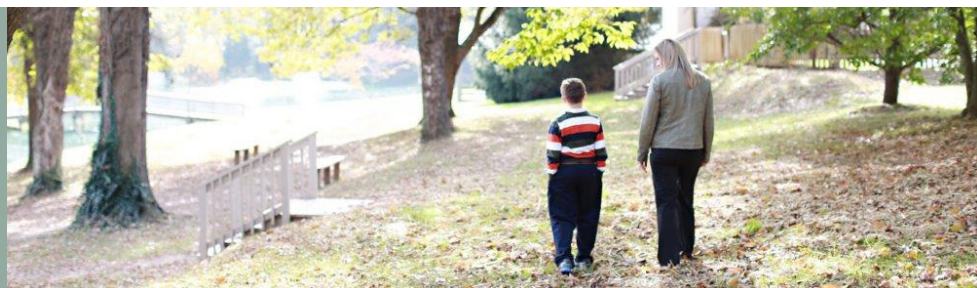
Important Dates

January 25, 2019 – RSVPs are due to Claudia via email notification; Jennifer Bailey should be copied on RSVP emails

February 1, 2019 – Last day to reserve one of the rooms with the LKS room block at the Hilton Garden Inn (434-979-4442). Ask for the "Little Keswick School room block" when calling.

Questions

Jennifer Bailey, LCSW
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Itinerary

Thursday, March 7th, 2019

5:30-6:00	Registration	Lobby
6:00-8:00	Reception	Peter Jefferson B

Friday, March 8th, 2019

8:00	Breakfast begins	Peter Jefferson B
8:15-9:00	Sunrise Discussion with Marc Columbus and Dr. Marty Thomson	Peter Jefferson B
9:15-10:00	Small Group Discussion	Peter Jefferson B
10:15-11:30	Breakout Workshops 1. Introduction to Social Cognitive Development 2. Understanding the Art of Art Therapy	1. Room 113 2. Peter Jefferson B
11:45-1:00	Breakout Workshops 1. OT – Sensory Processing and So Much More 2. Introduction to Social Cognitive Development	1. Peter Jefferson B 2. Room 113
1:00-1:45	Lunch	Main Dining Area
2:00-3:15	Breakout Workshops 1. OT – Sensory Processing and So Much More 2. Competence Workshop: Group Think vs. Me Think	1. Peter Jefferson B 2. Room 113
3:30-4:45	Breakout Workshops 1. Competence Workshop: Group Think vs. Me Think 2. Collaboration Workshop: Understanding the Crisis Cycle	1. Room 113 2. Peter Jefferson B
5:00-5:45	Small Group Discussion	Peter Jefferson B
<i>Dinner on Your Own</i>		

Saturday, March 9th, 2019

8:00	Breakfast Begins	Lobby
8:15-9:00	Sunrise Discussion with Dr. David Byrnes	Peter Jefferson B
9:15-10:00	Small Group Discussion	Peter Jefferson B
10:15-11:30	Breakout Workshops 1. Collaboration Workshop: Understanding the Crisis Cycle 2. Thinking & Processing Workshop: Noticing For and With Your Son	1. Room 113 2. Peter Jefferson B
11:45-1:00	Breakout Workshops 1. Thinking & Processing Workshop: Noticing For and With Your Son 2. Social & Relationship Workshop: Understanding Your Communication Style	1. Peter Jefferson B 2. Room 113
1:00-1:45	Lunch	Main Dining Area
2:00-3:15	Breakout Workshops 1. Social & Relationship Workshop: Understanding Your Communication Style 2. Attunement & Co-Regulation	1. Room 113 2. Peter Jefferson B
3:30-5:00	Wrap up Workshop	Peter Jefferson B

**Saturday 5:00pm until Sunday 5:00pm is an opportunity for a local family visit.
Parents may collaborate with their therapist for a longer visit*