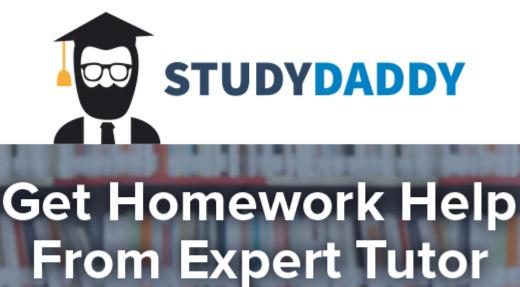
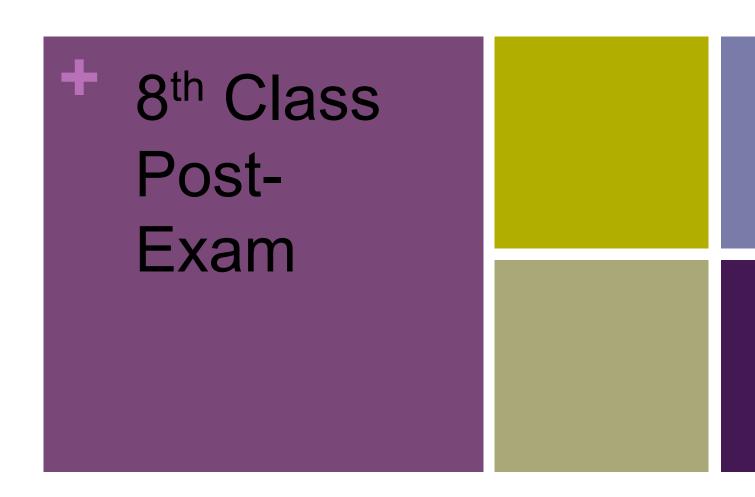


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Counseling Ch

Dr. Esther Park

* Mid-Term Exam

- How was it like?
- Top 23-→ 28
- Curved by giving extra 5 points
- This is just 30% of your grade.
- 10 % Thrived 4+ story
- 50% Group Presentation (30 Individual and 20 Group)
- 10% Attendance

+ Going over the Test

No class on 4/17: Easter Break 8

FCPS Spring Break

- Read cases
- P.15; 19; 20; 23; 26; 31; 43; 48; 60; 62
- Get into Group to discuss Group Case and its presentati
- P. 70 81 Oppositional Behavior
- P. 60 -63 Shy Child; P. 64 Non-affectionate child/No emp
- P. 90 Eating disorders; Chap 7. Child with Emotional Dis

Interesting facts about Twin's Fa

http://www.huffingtonpost.com/2014/03/30/gaorongguo n 5030091.html?utm hp ref=mostpopular

+ Danielle's case

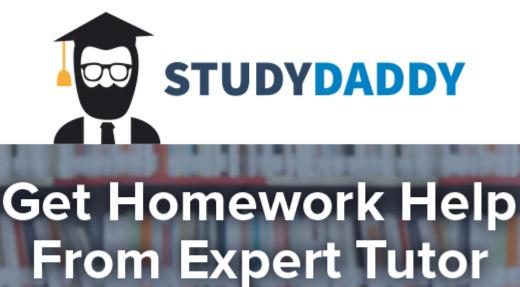
- Look at the handout.
- Dr. Bruce Perry Pt 1
 https://www.youtube.com/watch?v=1gr8k1BgEe4

Breathing—belly breathing

- Slow belly breathing; deep breathing
- Hard to control mind: control breathing (physical side) th mind follows
- Ex) Emergency crew; Deliver a baby
- Inhale and exhale through nose

*Two types of trauma: A and B

- Trauma A: Absence of positive experience (love, encouragement)—absence of appropriate stimulation at right time
- Trauma B: Bad things added (abuse, or violence): Over stimulation at the wrong time





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