




# Thrive Initiative: Educational Series for Professionals



## Presentation One:

### Supporting the Behavior Change Process: Adding Motivational Interviewing and Values Clarification to your Facilitator Toolbox

Supporting parents/caregivers as they work to change behaviors is both rewarding and challenging! Join us as we explore the Transtheoretical Model of Change and unpack the foundational elements of two techniques that facilitators can incorporate into their current practices: Motivational Interviewing and Values Clarification. Learn how to help parents/caregivers grow as competent and capable agents of behavioral change.

 **Presenters:** Ryan P. Chesnut, Ph.D. and Molly Burns, M.A.

 **Date/Time:** January 17, 2023, at 12 pm EST




## Presentation Two:

### The Mental Health Challenges of Military-Connected Children and How the Adults in Their Lives Can Help

Nearly 1.5 million school-aged children in the United States have at least one military-connected parent/caregiver. While many children adapt well, this presentation will emphasize signs of children's mental health needs or social, emotional, and behavioral problems and ways to support struggling military-connected children.

 **Presenter:** Celina Grassmyer, Ph.D.

 **Date/Time:** March 22, 2023, at 4 pm EST




## Presentation Three:

### Resiliency - Building a Snow Fence

Much is known from the research base of resiliency; join us to see how science can be used to enhance positive outcomes for children, youth, and families! We will explore critical elements for building resiliency and thriving among children youth, and families.

 **Presenter:** Daniel F. Perkins, Ph.D

 **Date/Time:** May 10, 2023, at 12 pm EST

**An hour of Continuing Education credit will be offered to participants for each of these presentations.**

The Clearinghouse for Military Family Readiness at Penn State is approved by the American Psychological Association to sponsor continuing education for psychologists. The Clearinghouse maintains responsibility for the presentations and their content.



**Cost:**  
There is no cost to attend.

 **Advance Registration Required:**

Use this link to register: [https://psu.zoom.us/webinar/register/9016681111034/WN\\_gNAS5jYgT6yJz1h3Rp8Lxw](https://psu.zoom.us/webinar/register/9016681111034/WN_gNAS5jYgT6yJz1h3Rp8Lxw)



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