

Tuning in to Kids®

An evidence-based, emotion-focused parenting program that teaches skills for parents to recognize and understand their own, and their children's emotions, as well as how to guide children toward understanding and regulating emotions.

Co-sponsored by the Penn State Psychological Clinic



Wednesday, May 8
9:00 a.m.–3:30 p.m.

Garden Room
130 Pasquerilla Spiritual Center
University Park, PA 16802

[Click Here to Register](#)

Or scan the
QR code:



\$75 for non-Penn State attendees

Contact: Robin Kephart
rkq2@psu.edu or 814-863-0752

Sophie Havighurst

Professor, University of Melbourne

Workshop Goals Include:

- Understanding Tuning in to Kids® concepts
- Learning to help parents and carers with emotion awareness and regulation
- Exploring the influence of family of origin on emotions
- Developing skills to teach emotion coaching to parents and carers
- Understanding how to support the development of emotion regulation skills with children

This workshop satisfies PDE's requirements for six Act 48 hours. Psychologists can receive a maximum of six APA continuing education (CE) credits. Full attendance at the workshop is required to receive CE and Act 48 credit. Late arrivals or early departures will preclude awarding of CE credits. The Pennsylvania State University Psychological Clinic is approved by the American Psychological Association to sponsor continuing education for psychologists. There is no known commercial support for this program.



The Penn State Psychological Clinic is approved by the American Psychological Association to sponsor continuing education for psychologists. The Penn State Psychological Clinic maintains responsibility for this program and its content. For questions related to APA CE credits for this workshop, please contact Sandra Testa Michelson, Ph.D. (smt3@psu.edu) for additional information.

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