



# PACE

PARENT AND CHILD ENRICHMENT

## AT EASE Learning™ Seminar Presented by PACE Place



St. David's Center  
Child & Family Development

Presented by: Kathi Calouri, Ph.D. & Eric Hamblen of PACE Place – With Pat Torrey of FATHOM  
2 Days of Interactive Lectures & Hands-On Activities

Saturday, October 19 & Sunday, October 20, 2013, 9 am - 4 pm  
lunch break mid-day

Location: St. David's Center, 3395 Plymouth Road, Minnetonka, Minnesota 55305

Individuals with social learning challenges often struggle to regulate their emotional experiences. Chronic emotional dysregulation negatively impacts the individual's development, family life, and learning opportunities at home, school, and in the community.

The AT EASE Learning™ model was developed by the PACE Place team to guide parents and professionals to create experiences that support healthy patterns of engagement. *Because emotions drive behavior*, the AT EASE Learning™ Model emphasizes a *relational approach* to developing emotional regulation capacity within the family and support systems. As individuals with social learning challenges develop a healthier relational foundation, they demonstrate an increased capacity to emotionally regulate their experiences, leading to increased success in all learning environments and a higher quality of life for the entire family.

The AT EASE Learning™ seminar is designed to guide parents and professionals supporting individuals with social learning challenges (e.g., *Autism Spectrum Disorders, Asperger's Syndrome, ADD, ADHD, NVLD, PDD-NOS*).

The AT EASE Learning™ seminar is appropriate for parents and professionals serving individuals of all ages and all skill levels who struggle with:

- *emotional regulation*
- *anxiety*
- *sensory issues*
- *behavior challenges*
- *aggression*
- *tantrums*
- *social interaction with family & peers*
- *family play time*
- *outings into the community*
- *school challenges*
- *morning & bedtime routines*
- *sleep*
- *chores*
- *independence*
- *self-care*
- *homework*
- *motivation*
- *organization*

“By the end of the AT EASE™ seminar we could understand and experience how to develop emotional skills in our son. Learning the 6 steps of AT EASE™, we can help our son connect with people and keep that connection, tolerate difficult emotions, increase his self-esteem, and have new experiences. The seminar was essential in understanding how emotion is linked to behavior. For us it was a turning point!!”

~ Mike & Maureen (parents)

“The AT EASE™ seminar succinctly outlined approaches that I have intuitively attempted to apply within my work for years. The AT EASE™ paradigm gives me guideposts to reference when I'm uncertain. This seminar will dramatically change how I engage parents and children. I am deeply grateful for the renewed focus on emotional development.”

~ Katherine (Psychologist)

“AT EASE™ is not like other methods in which the rules are determined and objectives are precise and fixed. With AT EASE™, what matters is the person, their emotions, and their deep needs. There is no bad or good, but only a bad moment or good time. What helped me the most was the revelation that “It's okay to be angry, let's see why is he angry?” It was as if weight of the world was taken from my shoulders. AT EASE™ really sees us with compassionate eyes, and teaches us to have compassion for ourselves and for our children. What a life lesson!”

~ Haley (parent)

## AT EASE Learning™ Model:

With the support of video clips and hands-on activities, participants will gain insight on creative ways to think about, collaborate, and problem-solve challenging behaviors as well as learn practical strategies that can be routinely used to promote a higher quality of life for the child and family. Special consideration is made on how to implement these strategies within the context of daily life.

- Participants will learn the developmental sequence of the AT EASE Learning™ Model, which spans early attachment and bonding patterns through independent learning.
- Participants will learn how this parent-based, family-focused approach generates strategies to effectively navigate the emotional system.
- Participants will learn strategies to build a healthy relationship foundation for the child, which is the catalyst for sustaining meaningful progress.
- Participants will learn to leverage the child's relationships (e.g., parent, teacher, aide, instructor, mentor, sibling, peer) by balancing play with daily living.
- Professional participants will learn how to apply the AT EASE Learning™ Model therapeutically.

## About The Seminar Leaders



KATHI CALOURI



ERIC HAMBLÉN

**Kathi Calouri, Ph.D.** and **Eric Hamblen** are from PACE Place in Oregon. Kathi and Eric designed the AT EASE Learning™ Model based on the vast professional experience gained while creating and implementing the innovative PACE Place Family Immersion Week. Eric and Kathi are highly trained and experienced in the art of guiding families and professionals to reconnect with their intuitive abilities to address challenges and enhance their relationships. Kathi and Eric have collaborated with many diverse families in a wide range of settings. They

enjoy helping families think through their challenges and together find dynamic solutions. With compassion and common-sense wisdom, Kathi and Eric utilize their combined 60 years of experience to inspire parents and professionals to remedy the core deficits of a diagnosis while strengthening and nurturing the relationships within the family.

**PACE Place 503.356.8334 [www.PACEplace.org](http://www.PACEplace.org)**



PAT TORREY

**Pat Torrey** is an internationally recognized facilitator and trainer known for his inviting style and powerfully engaging programs that inspire kids and adults to believe in their own abilities. Pat guides participants to see their potential, enjoy taking risks, and transfer these experiences back to their everyday lives. His outrageously fun and invigorating programs provide practical and inspiring tools for life.

**FATHOM [www.patricktorrey.com](http://www.patricktorrey.com)**

## Seminar Cost

Group Registration (groups of 5 or more)      \$260 per person  
Buddy Registration                      \$560 for two people (\$280 per person)  
Individual Registration                      \$320 per person

## Registration

You may register online at <http://tinyurl.com/atease3>

If you have difficulty registering online, please call Allyson Jameson at 503.356.8334, ext. 4# or email her at [allyson@paceplace.org](mailto:allyson@paceplace.org).