

# CARE Training

Child-Adult Relationship Enhancement (CARE) is a trauma-informed way for any adult to interact with any child or teen. It seeks to increase positive child-adult interaction, child compliance, and child engagement.

CARE uses ideas and skills derived from evidence-based, positive parenting programs. CARE is not therapy, but can compliment ongoing therapeutic services. Participants will learn a skillset that will enhance child-adult relationships in any setting and with a multitude of child populations, ages 2-18.

## Who CAREs

CARE is for any adult working with children or teens to improve relationships and reduce mild-to-moderate behavior challenges:

*Parents (foster, kinship, adoptive, biological);  
School personnel; Medical and allied health professionals;  
Mental health professionals; Autism service providers;  
Child welfare or advocates; Early childhood program  
providers; Home visitors; Shelter, residential,  
substance abuse treatment staff*

## Skills Preview

Participants will learn and practice skills designed to strengthen healthy relationships. Trainers give live feedback to enhance learning of CARE skills. Modifications to training can be made for use with adolescents. CARE training targets two key concepts:

- **Positive Relationships:** Skills and techniques that work together to strengthen relationships, improve communication, and reduce problematic behaviors.
- **Increased Compliance:** Tips and strategies to improve the likelihood of following adult directives.

## Why CARE?

Nationally, 99% of participants report learning at least one useful skill, and 98% would recommend the training to a colleague. CARE blends lecture, activities, and live practice with trainer feedback to create a fast-paced, fun-filled training experience.

## Learning Objectives

By the end of the workshop, participants will be able to:

- Identify at least 2 reasons why use of CARE skills with children and teens may benefit those with a trauma history.
- List 3 ways to improve relationships with children and teens, including how to improve behaviors in children and teens.
- Discuss how to help adults provide instructions that are more likely to improve compliance rather than defiance.
- Discuss how CARE skills can be easily implemented into multiple settings, including schools.

## DETAILS

### When

Thursday, January 16,  
2020  
9:00 a.m. - 12:30 p.m.

### Where

Room 124  
Center for Child & Family Health  
1121 W. Chapel Hill St  
Durham, NC 27701

### Facilitated by

Robin Gurwitch, PhD  
Darden White, LPC  
Center for Child & Family Health

## Cost & Registration

Cost: \$100 per person. To register, contact Breanna Williams at [breanna.williams@duke.edu](mailto:breanna.williams@duke.edu) or (919) 385-0716.

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