Riverside University HEALTH SYSTEM Behavioral Health

FIRST 5 RIVERSIDE Riverside County Children & Families Commission

GROWING HEALTHY MINDS

Growing Healthy Minds Learning Collaborative

Neufeld Institute: The Personalities of Young Children

THURSDAY MAY 7 | 2026 | 9 AM – 12 PM 2.5 CEs (pending approval)

INSTRUCTORS:

Eva de Gosztonyi | Developmental Psychologist | Toronto, Canada

Eva has worked for over 50 years in schools across Canada. Since 2002 she has used Neufeld's attachment-based developmental paradigm to guide schools and families in their interactions with children, especially those with challenging behaviors. In her retirement she has continued to share her expertise with schools in Canada, including First Nations schools and communities, the US, New Zealand, and Singapore. Eva is Senior Faculty at the Neufeld Institute.

Laina Clugston | Early Childhood Specialist | Brunswick, Maine USA

Laina has worked for over 30 years with parents and young children. She has a master's degree in human development with a focus on early childhood. Laina is retired as lead teacher and mentor in an attachment and play based program for young children at Bowdoin College, Maine. She continues to work with early childhood educators and parents where she creatively weaves together theory and practice for both home and classroom settings. Laina is on

COURSE DESCRIPTION: Preschoolers can be charming and delightful in one moment and challenging in the next. Being with them lies in realizing that these behaviors are not personal, nor are they a disorder or deficit. They are all part of a wonderful developmental plan. Using the findings of neuroscience and informed by the developmental attachment-based approach of Dr. Gordon Neufeld this presentation will describe the links between brain development and the personality traits of young children. It takes years for areas of the brain to grow and work together. The child must accumulate enough experiences for the brain to become wired for cognition, impulse control and consideration of others. This is a natural unfolding. When children are supported emotionally, this maturation occurs. Impulsivity, big emotions and being self-centered are characteristics that are essential for maturation and not problems to be solved We will help you to see these young ones through a different lens. This lens will then guide you to using interventions that are attachment friendly and developmentally sound.

Please register for this course via Google Forms Link

https://forms.office.com/g/v35hd7BH8a

This training is FREE to all registrants and funded by: First 5 Riverside

Continuing Education Credits:

This course meets the qualifications for **2.5** continuing education units/credits/hours. PENDING APPROVAL

If you need a reasonable accommodation/alternative format for this training event, please contact the Diana DaSilva at (951) 955-9175 at least fourteen days (14) prior to the course date.

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Audience: RUHS-BH Clinical Therapists and other treatment staff. LMFTs, LCSWs, LPCCs, associate-level and support staff providing client care in the public behavioral health system.
Level of training: Intermediate- Advanced - applicable for seasoned professionals specializing in topic
Seat #: 75
Location: Virtual training- link will be sent to registrants

This is an ADA compliant course. If you need a reasonable accommodation/alternative format for this training event, please contact the Rustin Conference Center at (951) 955-7270 at least fourteen days (14) prior to the course date.

Educational Goals: Participants will improve their understanding of the developmental needs of young children using the attachment-based integrative paradigm developed by Dr. Gordon Neufeld. This presentation will include information provided by current neuroscientific knowledge and link it to the attachment needs of young children

Learning Objectives: On completion of the workshop, participants will be able to:

1. Identify the key developmental characteristics of young children.
2. Make the link between brain development and these characteristic behaviours.
3. Explain why behaviours that are often called “misbehaviours” are in reality normal for young children.
4. Explain the role of emotion in challenging behaviours.
5. Explain the importance of play for emotional well-being.
6. Describe appropriate developmental interventions for young children’s behaviour.

Agenda

Time	Session Topic & Breakdown
9:00 AM – 9:40 AM	**Part 1: Three Natural Shortcomings of Young Children** Exploring the developmental starting points of early childhood. * **Un-tempered nature:** Lack of impulse control and mixed feelings. * **Characteristic inconsiderateness:** Developmental egocentrism. * **Ubiquitous separation problems:** The struggle with being apart from primary attachments.
9:40 AM – 10:20 AM	**Part 2: Three Irreducible Needs That Must Be Met** Core conditions required for healthy emotional and psychological growth. * **To engage in true play:** Expressive, emergent, and exploratory play. * **To find true rest:** Feeling safe enough to let down one's guard. * **To have true tears of futility:** Adapting to what cannot be changed.
10:20 AM – 10:35 AM	*Morning Break (15 mins)*
10:35 AM – 11:15 AM	**Part 3: Three Typical Problems That Are Natural & Normal** Recontextualizing common challenging behaviors as developmental norms. * **Tantrums and aggression:** When big feelings overwhelm small bodies.

Time	Session Topic & Breakdown
	* **Resistance and oppositionality:** The counter will instinct and the birth of independence. * **Shyness and timidity:** The natural instinct to pull back from strangers.
11:15 AM – 11:50 AM	**Part 4: Effective Interventions** Practical strategies for parents, educators, and caregivers. * **Having realistic expectations:** Aligning demands with developmental capacity. * **Preserving the relationship:** Prioritizing connection over correction. * **Managing the environment:** Changing the surroundings instead of the child. * **Providing alternatives:** Scripting and guiding acceptable outlets for behavior.
11:45 AM – 12:00 PM	**Summarize & Key Takeaways** Final questions and closing thoughts.

Continuing Education: Course meets the qualifications for **2.5** hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. Riverside University Health System-Behavioral Health is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and/or LEPs. Riverside University Health System-Behavioral Health maintains responsibility for this program/course and its content.

CAMFT approved continuing education provider number: 1000060

Provider approved by the California Board of Registered Nursing, Provider # CEP17400 for **2.5** Contact Hours.

Provider approved by CCAPP-EI, Provider Number 3-22-341-0526 for **2.5** CEH'S.

Mailing address: Riverside University Health System-Behavioral Health (RUHS-BH), Workforce Education and Training (WET), 2085 Rustin Ave., Riverside, CA 92507.

Requesting Continuing Education: Participants interested in receiving continuing education credit or a certificate of participation should contact Germeen Armanious via email at g.armanious@ruhealth.org . Please include the following information in your email request: full name, title of training, and certification or license number. For in-person courses, certificates will be issued immediately after the completion of the course. For distance learning courses, certificates will be issued via email or by mail within five (5) business days after the completion of the course and receipt of required documentation.

Attendance Policy: Participants who arrive to the course after the scheduled start time may not be admitted. To receive continuing education credit for a course, participants must attend the entire scheduled time. Participants who arrive late, leave early or return late from lunch/breaks will not receive continuing education credit. To receive credit, participants cannot miss more than 15 minutes total of instruction. **There is no partial credit issued.**

Cancellation and Refund Policy: Registration must be cancelled on or before three (3) calendar days prior to the course start date (excludes holidays and weekends). Riverside University Health System-Behavioral Health does not currently charge fees for continuing education courses or activities sponsored by our agency. Therefore, no refund policy or procedure is currently in affect.

Grievances: Please contact training coordinator Diana DaSilva at DCDasilva@ruhealth.org or 951-955-7155 for questions or concerns about this activity or facilities, or to request a copy of our grievance policy and procedures. Riverside University Health System-Behavioral Health follows all applicable local, state, and federal standards, including the Americans with Disabilities Act of 1990 (ADA), 42 U.S.C. §§ 12101-12213 (2008).