



offers

Emotional Regulatory Healing; ERH

A mindful and trauma informed response to wounded people everywhere

and the organizations called to serve them

Created by Jules Alvarado

www.alvaradoconsultinggroup.com

Jules Alvarado, MA, LPC,

Founder/Sr. Clinical Consultant

What is Emotional Regulatory Healing, or ERH?

Crisis Ignites Evolution. ERH is Bold Evolution. If you are interested, please read on.

2006: A foster child arrived to the Alvarado home; 15 year old, 30 placements, multiple residential stays and a chronically mentally ill biological mother. He had suffered every type of child abuse and neglect that you can imagine. He was failing in school, had no friends, was defiant and angry. At 6' 5" and 250lbs he had developed the capacity to keep everyone away. **Outcome:** He was nominated homecoming King of his high school and graduated in May 2010. He has been working and independent, with a few setbacks along the way, for 5 years. This was no easy feat and his story and healing through ERH is woven into all of our speaking and teaching engagements.

February 2012: Jules was asked to consult on a case with a 7 year old child who had experienced 32 child welfare placements, including a failed adoption. This child was prescribed 7 psychotropic medications and had been hospitalized at the time of the referral. She was being restrained up to 10 times a day and the current team was concerned that she would become a ward of the state through emancipation. **Outcome:** In March 2012 she was placed into an adoptive family with intensive ERH training and support from our team. She remains in this family and is healing, learning and growing successfully as of January 2019.

June 2013: A school in Ontario, Canada serving indigent, traumatized and at risk youth had lost funding due to poor test scores. The special services liaison contacted our office regarding training and coaching to bring increased regulation to the classroom with the objective of improved academic success. **Outcome:** Jules spent a couple of days onsite observing and training the staff in mindful and regulatory practices for the staff first, and then to implement in each classroom and throughout the entire building. This was followed up with monthly consult calls focused on specific needs. A sensory calming plan was put in place, silence and deep breathing is on the schedule for the first 5 minutes of each day and at each transition throughout the day, and support to families with children displaying extreme behaviors in school is in place. **Outcome:** In November, 2014, the liaison shared with us that this school has been chosen by their school board as an example of excellence and the staff we trained are now training schools across their region in ERH. Test scores improved in the very first year.

April 2014: A wounded veteran contacted our office seeking help for her PTSD. Not only was she experiencing the trauma of 2 tours in Iraq and Afghanistan, she has been raped and brutalized by others serving with her. Unable to work, sleep, relax or relate to her family and others, she was losing what little safety she thought she had. **Outcome:** as of January 2015 she has returned to living with her family who has participated in an intensive ERH healing weekend with Juli and her team. She is working part time and receiving local support to help her manage symptoms of PTSD.

November 2019: In 2014 A new client, a foster mother, reports to Jules that her foster daughter, placed into a residential treatment center for defiance and running, is being punished by the withholding of food, unrealistic goals of command performance that a traumatized child is incapable of, and due to an episode of anger and screaming was not allow to spend the holiday with her family. Instead she was isolated and alone as her foster family grieved her absence. **Outcome:** January 2015, Juli and this foster mother pulled a team together and with support of a local attorney, the child's CASA, and expert witness testimony by Jules, the child is being returned to this foster mother with an adoption plan in place. Jules spent an intensive weekend in their home helping them foster a safe and accepting environment in which they can grow into trusting relationship. She was adopted in April of 2017. As of Jan 2019, this young adult is on no medications, she will graduate from high school, where she has been a cheerleader for 2 years, in June of 2019. She has applied and been accepted into a local collage with a plan of law school.

References are available for each of these cases. Please read on~

What we do in most cases of trauma and loss is not nearly effective enough to warrant its continuation.

The amount of money we spend, the resource we direct at therapies and hours spent restraining, isolating and punishing those who have been punished beyond what most of us can imagine, have not yielded the outcomes in either qualitative nor quantitative data.

Yet much of what we do today with clients of trauma and loss, we were doing long before the transformation of Trauma Informed Care and what the new field of Neuroscience has brought to light.

The magnitude of information available and the speed in which this information arrives renders us traumatized ourselves as we attempt to make sense of new research, peptide receptors, neurotransmitters, mirror neurons, the amygdala etc, etc, etc!

Simply put, *trauma and loss* change everything; change us; change the way we see and live in the world; change the way we relate to others; change how we act and feel, how we think and learn, and, if left unattended, trauma and loss change the way our brain functions.

Everything we do at the Alvarado Consulting and Treatment Group (ACG) is directed at mitigating the negative impact of toxic stress in the workplace, trauma and loss as we teach you how to put the pieces back together.



Emotional Regulatory Healing, ERH, is at the base of our organizational consulting, program development, clinical practice and retreat work.

ERH is a *trauma informed*, global and *mindful* paradigm directed at the improvement of organizational, social, emotional and behavioral LIFE.

ERH is an integration of the most recent research in *neurodevelopment* and ancient paradigms in the healing of mind, body and spirit taught in simplified yet profound ways that impact the learner at the deepest level; the level where evolution occurs in self, first.

At ACG we believe that emotions are valuable signals that allow for our survival and help us thrive. However, when those emotions become dysregulated, our rational self goes off line rendering impulsive decisions, illogical thoughts and outcomes that leave individuals, families, staff and organizations dysfunctional.

When we learn how to integrate our emotional and rational self wisely and to manage them under stress we tend to make more effective decisions, connect well with others and find and follow our purpose in work, life, love, family and relationships.

ERH is both an *explicit* paradigm for the healing of trauma and dysregulation through relational, integrated and brain based interventions, as well as implicitly always operating in the background through who we become as ERH practitioners.

As the leader, parent, or clinician becomes more emotionally regulated, so too, do those in their presence.

We no longer assume that simply because we understand something intellectually, or think we do, that we have actually realized it and can successfully practice it. Becoming an ERH practitioner requires maturity and practice in both emotional regulation and emotional intelligence that are called upon in the moment of crisis. We do not expect clients or staff to do what we as clinicians and leaders are not willing to do ourselves. ERH provides a parallel process of recovery for the organizational leaders, clinicians, staff and parents.

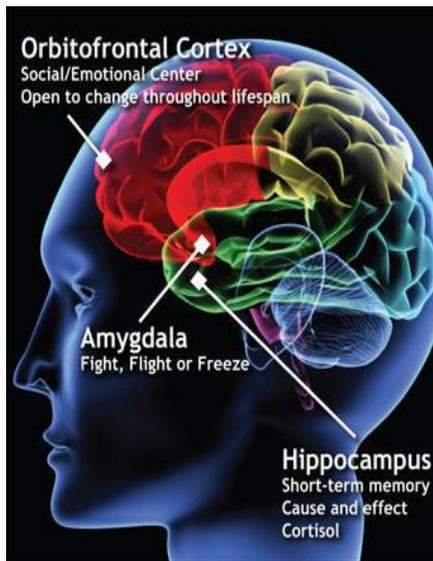
ERH outcomes result in recovery in a multitude of ways;

less staff turnover,

increased employee satisfaction,

a decrease in disrupted placements, failed adoptions and separated families, and

healing reported at the most profound level in those with whom we work.



The Brain is the Boss of Behavior.

**Disorganized brain = disorganized behaviors.
Organized Brain = organized behaviors.**

Through ERH we teach you how to teach others the means for
reorganizing the traumatized brain.

Trauma Informed Care, Secondary Traumatic Stress, and Grief and Loss Recovery through ERH

ERH integrates core principles of organizational success, neurodevelopment, grief, attachment and learning theories with mindful healing into a comprehensive approach for the client of toxic stress in the work environment, clients who have experienced trauma and loss, their current family or provider, and their broader community.

At ACG we integrate a highly experiential component and teach your group the basics *and* the in-depth information needed to increase regulatory capacity for provider and client.

The experience of trauma is fear.

The experience of grief is sadness.

Recognizing and responding to each in a timely and developmentally appropriate way is imperative for optimal healing.

The traumatic or loss *event* is only the beginning; the *experience of the event* as well as the *effects of the experience of the event* that last long beyond the actual event become the basis for our work with all clients of trauma as well as their providers and the organizations who are called to serve them.

ERH is being taught internationally in schools, child welfare, mental health, juvenile justice settings; and in global organizations through employee well-being program development.

As an intervention ERH is the framework used in our full continuum of services including clinical consulting, life and executive coaching and in child/family/individual and couples therapy services, as well as our Simply Healing Retreats.

How was *Emotional Regulatory Healing* created?

There is nothing new.

There are simply new ways of speaking it, experiencing it, or teaching it.

Humbly co-created by Jules Alvarado and the many who come before her, ERH is derived from a combination of personal, professional, and clinical experiences. Jules personal history of, and recovery from childhood abuse, trauma and loss along with serving traumatized children for 20 years as a therapeutic foster parent; her 20 years of professional/clinical training and experience at various levels of responsibility in trauma serving organizations; and most recently Jules loss of her life partner far too early to leukemia have provided the ground for required transformation of mind/body/spirit.

Moving through these life altering trauma and losses has given Jules a far deeper glimpse into healing than any training course or degree she completed.

The outcome of her loss and the road to recovery are paved with helping others do the same.

Jules Alvarado is passionate about healing; not simply behavior modification or control, but deep healing. *Her paradigm is just that; a paradigm for healing life, not a model of therapy.*

Life's traumas and losses are not effectively healed in 50 minute therapy sessions.

ERH is based on a growing understanding of complex issues facing traumatized and grieving people in today's modern world.

Utilizing a neurodevelopmental and trauma informed perspective on emotional regulation and emotional intelligence has allowed us the opportunity to generate a common set of concepts and principles based in neurobiology. This understanding of the etiology of many problems seen in wounded people everywhere has helped us better understand how to intervene and begin to heal the problems we see in these at-risk, maltreated and traumatized clients, as well as the organizations that serve them.

ACG provides an array of services for organizations, agencies, schools, individuals and families. Introducing *ERH* as a trauma informed response involves a process of capacity building, understanding and training for all levels of practice and care.

We offer:

Full day Trauma Informed Care and Secondary Trauma Training in ERH

Three Day intensive, experiential training for direct service providers and parents

Five Day intensive, experiential, training of trainers, TOT

Case consultation and review (on-site and teleconference)

Curriculum based training materials

Video and eLearning

Executive and Life Coaching

Home based therapy and intensive weekend interventions

Individual, Couples and Family Therapy

Simply Healing Retreats for those who have experienced Trauma and Loss

For more information contact us in our Denver office at 303-431-0604.