

## Benefits of NHA®

- ♥ Understanding the unique dynamics of the “challenging” child
- ♥ Ending the punitive cycle that reinforces negative behavior
- ♥ Building families and school cultures on authentic connection and trust
- ♥ Improving performance on everything from test scores to chores
- ♥ Shifting the child toward using his/her intensity in successful ways
- ♥ Supporting the child in feeling successful and building Inner Wealth™ – a term we use to describe the child’s inner knowledge of and acceptance of his or her own greatness
- ♥ Reduction of reliance on psychiatric medications to control difficult children’s behavior
- ♥ Reduction of risk of children using addictive substances

“The Nurtured Heart Approach® has made all the difference in the world for the children and families I work with – and with my own children.”  
— Celeste Elsey, Educational Specialist

## Practical Results of NHA®

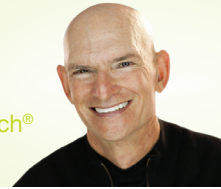
### Research & Data

- ♥ Increased parent effectiveness and satisfaction
- ♥ Improved teacher job satisfaction and retention
- ♥ Decreased incidence and severity of disruptive behavior
- ♥ Decreased school office referrals and expulsions
- ♥ Increased test scores and curriculum advancement
- ♥ Decreased disruption of foster care placements
- ♥ Progress in child social-emotional development



## Howard Glasser

Creator of the Nurtured Heart Approach®



Howard Glasser is the Founder of the Nurtured Heart Institute and creator of the Nurtured Heart Approach®. He is dedicated to awakening the greatness in all children with a particular focus on intense and challenging children.

The approach’s core methodologies, born out of his extensive clinical work, effectively inspire difficult children to successfully channel their intensity. Worldwide, thousands of parents, educators, and treatment and child-advocacy agencies have used this approach with consistently transformative results.

Howard is the author of Transforming the Difficult Child, currently the top-selling book on ADHD; Notching Up the Nurtured Heart Approach: The New Inner Wealth Initiative, a leading book on school interventions; and All Children Flourishing, on using the NHA with all children.

Four of Howard’s eight books are in the top one percent of all books on Amazon, confirming the need and relevance of his message and methodology. All parents and educators, even those with well-behaved children, can benefit from learning how to inspire thriving relationships through the Nurtured Heart Approach®.

Howard has been called one of the most influential living persons working to reduce children’s reliance on psychiatric medications. His work also supports children in resisting addictive substances. He has been a featured guest on CNN, a consultant for 48 Hours, and was recently featured in Esquire. He currently instructs educators, parents and therapists through live presentations and Internet-based courses.

# NHI

NURTURED HEART INSTITUTE

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®NHA is stewarded by Nurtured Heart Institute

· CREATING ·

# INNER WEALTH™

## IN CHILDREN

&

### Building Connected Communities



# NHI

NURTURED HEART INSTITUTE

## What is the Nurtured Heart Approach?

The Nurtured Heart Approach® (NHA) is a curriculum for relationship. It supports adults in relating to children in ways that guide them to use their intensity successfully and positively. Through the NHA®, children come to see their intensity as fuel for greatness, not as a deficit or a handicap.

Originally developed for working with the most challenging children, the NHA® works to awaken the greatness inherent in all children. Rather than acting out negatively, children begin to act out their greatness – and adults get to experience the joy of being a highly effective agent of change in the lives of children.

## NHA® As a Therapeutic Tool

Although it works beautifully to support all children in building inner wealth, NHA® creates transformative changes in children who are challenged behaviorally, emotionally, socially, or academically, including children with diagnoses like:

- ♥ Attention Deficit/Hyperactivity Disorder (ADHD)
- ♥ Oppositional Defiant Disorder (ODD)
- ♥ Reactive Attachment Disorder (RAD)
- ♥ Autism Spectrum Disorder (ASD)
- ♥ Asperger Syndrome (AS)
- ♥ Anxiety Disorders
- ♥ Self-Harm

NHA® is also a useful preventative against bullying of all kinds.

*“NHA® emphasizes providing structure and clarity of expectations, which helps children feel safe. It provides the language and sets the intention to proactively create opportunities for children to own the truth of their greatness and to experience real, internalized success, all through positive relationship.”*

– Catherine Stafford, Therapist

## How Does it Work?

Children get so much more connection and relationship when things are going wrong or threatening to go wrong. Adults tend to be lukewarm or cool when all is well, but as soon as problems arise, we get interested and vocal!

Above all else, children want to connect. They want to feel seen, valued, and appreciated. And if we respond more energetically to them when they're "being bad" than when they are being neutral or good, they begin to gravitate toward negativity in order to engage the adults in their world.

The NHA® teaches adults how to flip this dynamic upside-down to demonstrate to children that they can't any longer engage us with any depth in response to negativity. At the same time, we show them that we are far more interested and ready to connect when things aren't going wrong. We learn specific techniques for seeing far more in the "things going right" category than we ever have – and how to talk about them in ways children can truly hear.

We learn to feed the child's natural desire for adult connection and attention at the appropriate times. The child follows the energy. He or she turns toward his or her own greatness and potential for success like a flower to the sun.

## Ways to Learn

Whether you prefer to learn from books, live trainings, or online classes, the Nurtured Heart Institute has offerings to meet your needs.

Visit  
[www.nurturedheartinstitute.com](http://www.nurturedheartinstitute.com)  
or e-mail  
[info@nurturedheartinstitute.com](mailto:info@nurturedheartinstitute.com)  
to learn about the possibilities.

## “Who uses NHA?”

### Parents

The NHA® provides a practical method to support parents in making children feel seen, noticed and appreciated for who they are and what they bring to the family. It increases connectedness, decreases family stress, and moves parents out of destructive cycles of increasingly punitive discipline.

### Educators

The NHA® is specially designed to support teachers in coping with difficult students, helping them to avoid the burnout that has been causing them to leave the profession in record numbers. It equips teachers to provide a rich flow of recognition and clear structure in classrooms, creating dramatic shifts in classroom culture and providing a strongly positive social-emotional framework. Both behavioral and academic success are more attainable for students in a Nurtured Heart classroom.

### Mental Health Professionals

Therapists who use NHA® in their practices report dramatic, rapid shifts in clients who have not responded to other methodologies. By providing space for individuals to experience successes in any moment, therapists using the NHA® move from a focus on problems to intentional creation of in-the-moment success.

### Community

In ideal situations, all these entities become united in a shared use of the Nurtured Heart Approach®. When a child in crisis is supported by this approach in school, at home, and in therapy, successful turnaround is virtually guaranteed.

