

Positive Human Development RHY Trainings

Nature depends on nurture...

*Social interactions literally
shape the biological
architecture of the brain.*

~ ~ ~

*The foundational premise of the
Positive Human Development model
is that there is no such thing as a
spirit completely broken;
therefore, all human beings
have the right to hope.*

~ ~ ~

About the Trainer and Founder:

Ally Jamieson, M.S.W., is a former youth worker with experience working with psychiatric youth in residential care, homeless and runaway youth, and youth entering the justice system. Ally earned her Bachelor of Science degree in Psychology, with an emphasis in cognitive neuroscience, and earned her Masters degree in Social Work on the Social Service Administration and Leadership (SSAL) track. Both degrees were earned at Portland State University.

How will Positive Human Development training improve services to runaway and homeless youth?

Understanding key psychological practices, such as Positive Youth Development, is critical for delivering effective RHY services. Comprehending how these psychological practices impact the **biology of brain development** is critical for reducing trauma, minimizing stigma, and in helping youth experience positive outcomes while transitioning into adulthood.

The following are brief descriptions of training components which provide a comprehensive understanding of how psychological practices interact with biological brain development.

- ★ **Positive Youth Development (PYD):** Trainings inform participants on the ways protective factors impact the development of the brain, as well as how past traumatic experiences manifest behaviorally and biologically. Participants learn effective strategies of engagement that promote caring and supportive relationships, high expectations, and opportunities to participate. These strategies adopt an approach that promotes the healthy development of mind while assisting youth to overcome adversity, harness self-determinism, and thrive in their communities.
- ★ **Attachment Theory:** Participants learn how different attachment experiences impact the developing mind, as well as how attachment experiences can repair harm resulting from past trauma. Youth workers will be able to utilize this knowledge to enhance healthy interactions, set appropriate boundaries, and to respond effectively to various different kinds of crisis youth may experience.
- ★ **Interpersonal Neurobiology:** Trainings will provide participants with the ability to positively impact psychological, behavioral, and biological experiences of youth. Youth workers will be able to use techniques rooted in perception, attachment, and PYD to assist youth with emotional self-regulation, anger management, substance use/abuse, self-harm, posttraumatic and acute stress disorders, anxiety, depression, motivation, self-determinism, and hope.

* Contact Ally to learn how trainings can be custom designed to best fit your needs.