



Emotional Regulatory Healing Defined

Everything we do at coaching for LIFE! is based on a paradigm for healing created by founder, Juli Alvarado. This paradigm directs our organizational consulting, program development, clinical practice and individual work as well. It is a global paradigm directed at the improvement of social, emotional and behavioral LIFE.

Emotional Regulatory Healing (ERH) is based on the premise that social, emotional and behavioral challenges are symptoms of a disorganized brain. Optimal organization of the brain and our stress response system develop early in life dependent on the health of our earliest relationships and environment. The brain, whether optimally developed and organized, or not, becomes the boss of our emotions, socialization and our behavior.

Brain is the Boss of Behavior.
Disorganized brain = disorganized behaviors.
Organized Brain = organized behaviors.

ERH is an implicit paradigm for the treatment of trauma, attachment challenges and dysregulation through relational, integrated neurophysiological (mind/body) interventions. It is an intervention based in relationship and always operating in the background of the organization and the family.

The improvement of emotional regulation and increased attachment; how those processes are impacted via trauma and how the trauma manifest in negative behaviors is taught to parents and professionals through explicit, brain based parenting and clinical interventions for reorganizing the brain around regulation and secure attachments.

Increase emotional regulation and attachment and you will also decrease negative social, emotional and behavioral outcomes. No person acts out when they feel safe. We work to create emotionally safe relationships, families, environments and organizations in order to decrease acting out in the work place, and in the family.

The result; less staff turnover, increased organizational health, a decrease in disrupted placements and failed adoptions and improvements in the macrosystem of child welfare and mental health.

But, by far, the most important outcome is safer, happier and healthier kids, "our" kids—

coaching for LIFE! has provided training and consulting for organizations around the globe for more than a decade.

Please contact our Denver office for further information regarding our consulting and training programs at www.coaching-forlife.com or call Margaret at 866-570-0604.