



**OAKLAND UNIFIED
SCHOOL DISTRICT**

Community Schools, Thriving Students



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SCHOOL DISTRICT**

Community Schools, Thriving Students

Community Advisory Committee

Acceptance and Self Care: Parenting a Child with Special Needs



Presented by **Sharon A. Falk, Ed.D.**

Presented to **Community Advisory Committee**

Presented on **April 10, 2017**

www.ousd.org



@OUSDnews



Training Outcomes

Identify Grief Stages

Identify Self-Care Strategies

Identify Child-Care Strategies

Connect with Others

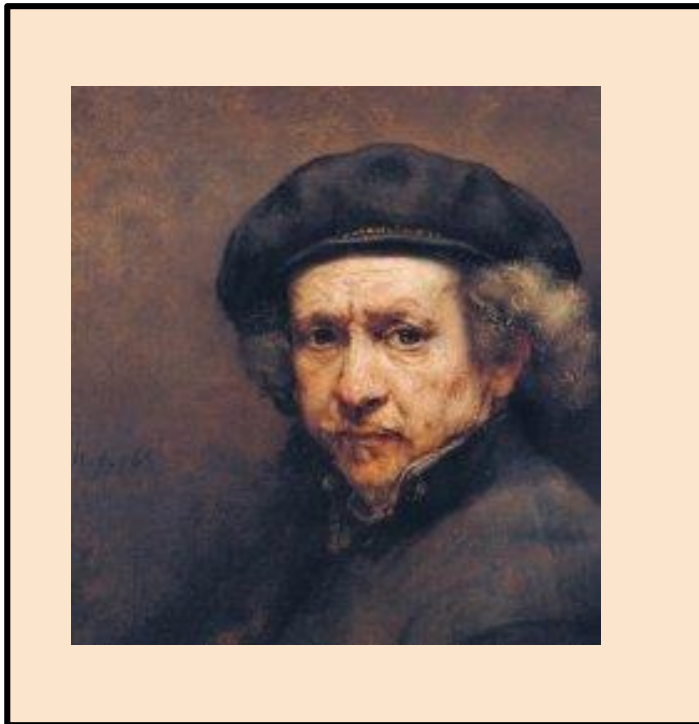


Welcome to Holland



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❖ Emily Perl Kingsley





Grief Stages Kubler-Ross



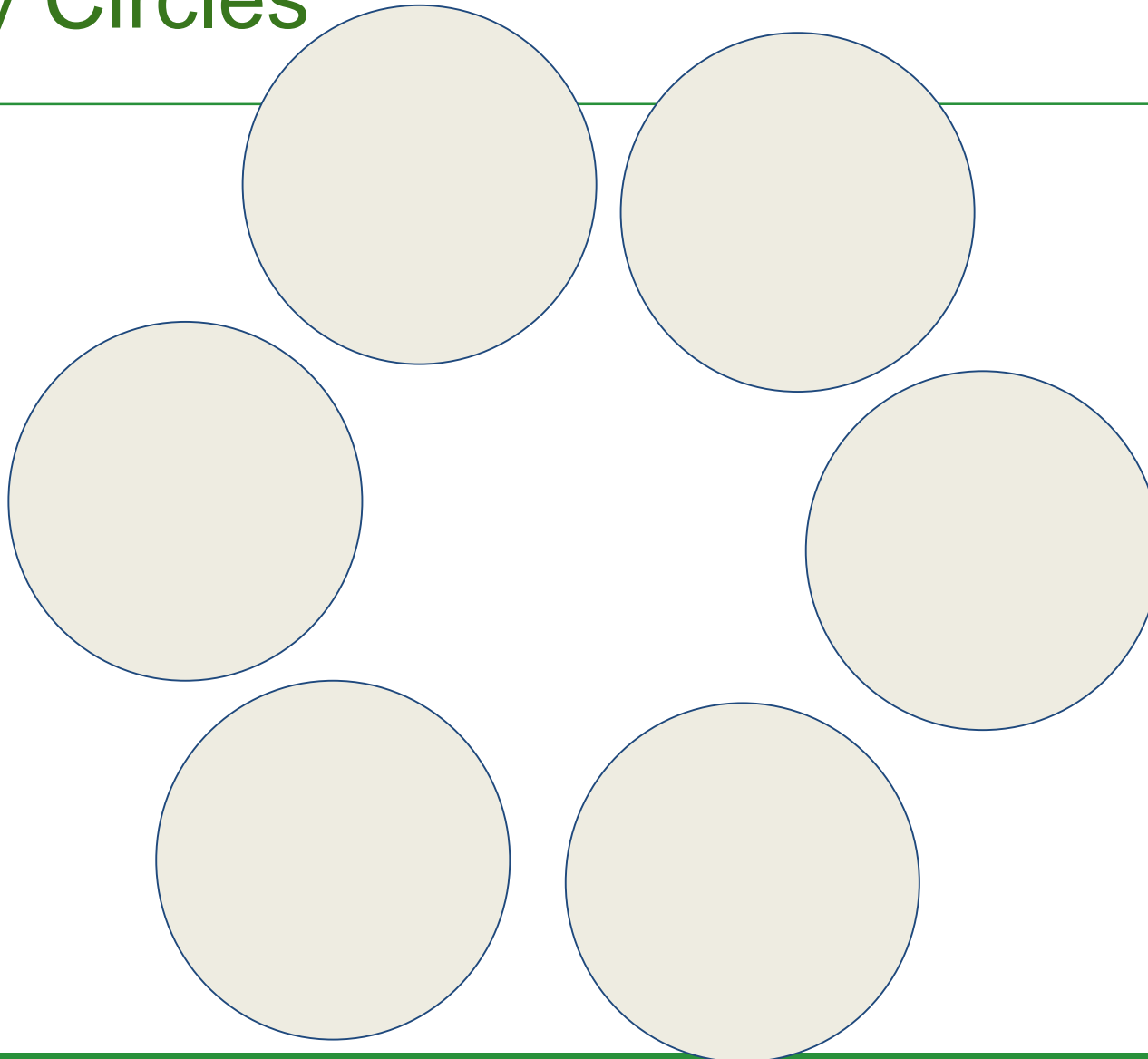
Kübler-Ross Grief Cycle



My Circles



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Self-Care



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❖ Psychological

❖ Emotional

❖ Spiritual

❖ Personal

❖ Professional

❖ Physical



A Core Principle of Healing Touch

SELF-CARE WHEEL



This Self-Care Wheel was inspired by and adapted from "Self-Care Assessment Worksheet" from *Transforming the Pain: A Workbook on Vicarious Traumatization* by Saakvitne, Profman & Staff of TSI/CAAP (Horton, 1996). Created by Olga Phoenix Project: Healing for Social Change (2013).
Dedicated to all trauma professionals worldwide.

www.OlgaPhoenix.com



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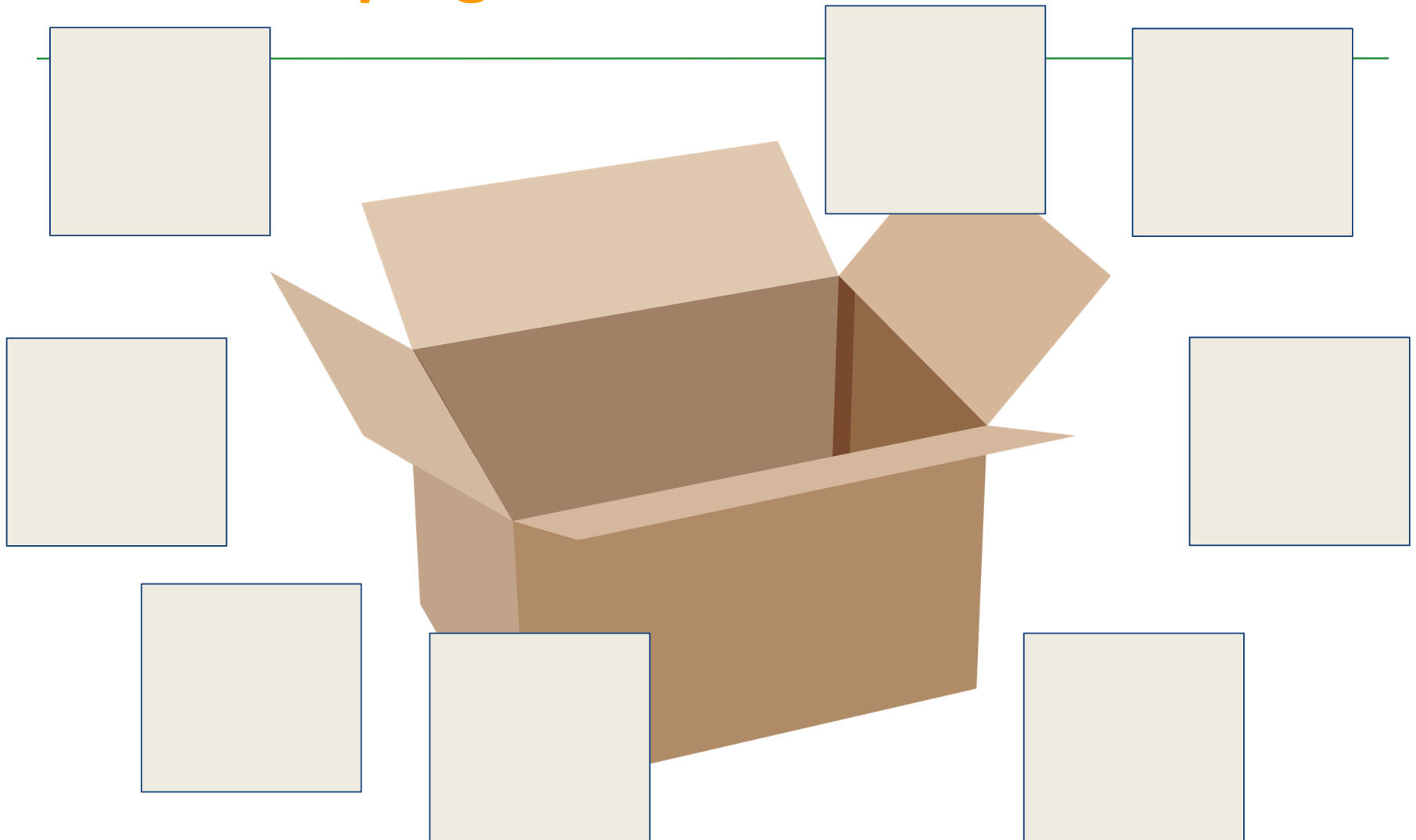


Coping Toolbox





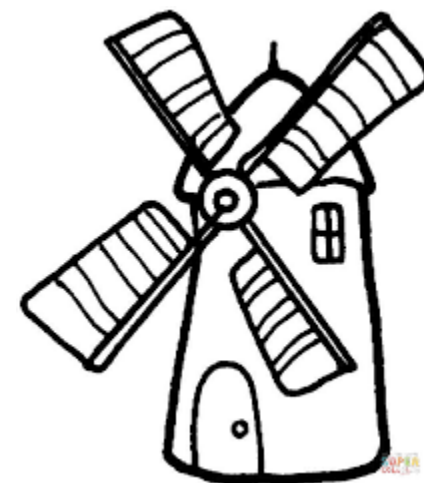
Child's Coping Toolbox



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Appreciation



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