



2023 Call2Parent MINI-Workshop

Untethering Childhood Trauma

Homework Assignment

ATTENTION: IS THIS YOUR FIRST Call2Parent WORKSHOP...?

The homework assignments below assume knowledge of and (ideally) practical experience with the Call2Parent (C2P) Parenting Regime, which consists of these key practices: (1) Trauma Signature, (2) C2P 'Classic' and Lite' Parenting Protocols, (3) Setting Internal Boundaries, and (4) the Safe Container. In the absence of this experience, these exercises may be quite challenging.

Here are recommended freely available workshops video links and weekly C2P meetings:

2020 Call2Parent Fall Workshop Series: Click [\[HERE\]](#)

- ☐ Session 1 – Call2Parent + Q&A Session
- ☐ Session 2 – Parent2Wholeness + Q&A Session
- ☐ Session 3 – Call2Intimacy + Q&A Session
- ☐ Global C2P: Becoming Your Own Loving Parent ACA Meetings. Click [\[HERE\]](#) and [\[HERE\]](#)

2021-22 Call2Parent MINI-Workshop Series:

- ☐ Session 1 – Critical Parent: Friend or Foe...? Click [\[HERE\]](#)
- ☐ Session 2 – Hello Trauma: I'm Glad You're Here...! Click [\[HERE\]](#)
- ☐ Session 3 – Loving Parent: Tag, I'm It...! Click [\[HERE\]](#)
- ☐ Session 4 – (C2P) Parenting Regime Practicum Click [\[HERE\]](#)
- ☐ Global C2P: Building Adult-Parent Resilience Meeting. Click [\[HERE\]](#)

2022 Call2Parent: Parent2Thrive Workshop Series:

- ☐ Session 1 – Trauma: Neurobiology and Resilience Click [\[HERE\]](#)
- ☐ Session 2 – Adult-Parent: Parallel Worlds Click [\[HERE\]](#)
- ☐ Session 3 – Thriving Adulthood Click [\[HERE\]](#)
- ☐ Global C2P: Adults Only Meeting. Click [\[HERE\]](#)

For those who want to work at a very deep level, the program below will provide further exploration and re-enforcement of the workshop content. These exercises are intended as a **Parental resilience building workout...PERIOD. IT'S TAKING YOUR PARENT TO THE NEUROPATHWAY BUILDING GYM – every day for a month...!!!**

Upon review the following exercises and you determine you're not ready - there is nothing wrong with you – you're just not ready. You may decide later that you are ready. Since all the C2P workshop videos (including this workshop) and meetings are freely available online, you can do so at your own pace and in your own time.

Most important, what is being asked of you is not perfection...! Just do your best and see what happens.



30-DAY PARENTAL CALL2WORKOUT RESILIENCE PROGRAM

These exercises are intended to manifest/build new Parent neuropathways by your Parent “stepping up their game”...!!! This assignment may be challenging – yet it can be a game changer...!!! Again, we DESERVE to HEAL...! Just do your best...!

For the next month, here is the daily program...

1. Safe Container
2. Put aside, put down for now, whatever the content is in your Safe Container, “Classic” and “Lite” protocols/practices. Whether these are going well or not...the ask is: you start daily, consistent, and repetitious of the following...
3. Using slides found [\[HERE\]](#) – call on your Parent to consistently invoke the C2P Master Practice and Boundary details and sample dialogue into your daily Safe Container, “Classic”, and “Lite” protocols and practices...!
4. If you've been at this awhile, the request is to shift gears – and focus ONLY on this workout. You may choose to pause other recovery stuff you're doing...your call.
5. If new to Call2Parent yet this resonates, give this a try. Other Call2Parent workshops and meetings to be helpful – especially if some of the terms above are brand new to you.

EXTRA PARENTAL CREDIT

During the workout, you may find that “inner world” dys-regulation may appear...even “on steroids”...! No real surprise. Below is a suggested remedy for dysregulation arising before, during, and after your 30-day workout. Acquiring a notebook for notes may be helpful.

Upon dys-regulation.

1. List “inner world” messages, feelings, and body sensations. Be specific.
2. From whom...? Little One(s), Teen(s), and/or ‘critical inner voice’...? Be specific.
3. If Kid(s), invoke the Master Practice and Boundary protocols and dialogue.
4. If you're still dealing the unhelpful ‘critical inner voice’, have your tough-loving parent address her/him/them with a firm – **“I have important business here that does not involve you...so, buzz off...!!!”** (More graphic, dismissing language – including profanity is OK...!) Repetition may be required, yet in each moment of encounter, the tough-loving Parent is taking charge. BTW, if you've – for whatever reason – this approach seems harsh...keep doing what you do. [Yet, keep in mind, there are travelers in this community who have successfully and imperfectly set an impenetrable boundary and rendered their ‘critical voice’ silent (at best) or an insignificant non-player (at least) in the realm of the “inner world”...!!! Your call...]

It is my sincere wish these exercises inspire deep and lasting healing and transformation – on your path literally untethering your childhood developmental trauma...!!!

Peace and Blessings... Robert N 🙏