

# Why Does My Child Act Like This?

What Parents can do for their child who are using dissociation strategies

**Annie J. Monaco, LCSW, RPT-S  
and Christine Choucair, MS, LPC**



**This workshop is also open to teachers, school counselors and in home therapists.**

This live and virtual workshop on zoom, is for parents and caregivers who have a child with early attachment wounds that are using dissociative strategies to cope. What does that look like? The child is struggling with intense emotions and exhibiting serious problematic behaviors at home, school and in the community. This could include spacing out, lying, stealing, aggression, sexual acting out and explosive emotions. Caregivers often feel like they have a child who acts like different kids at times!

During the workshop, parents will understand that trauma and attachment wounds are the foundation of dissociative symptoms and behaviors. The parent will gain understanding that the child has “Parts of Self” and is willing to learn how to work closely with the therapist on managing the needs of these parts at home, in school and community.

## Workshop Details

- This will not be recorded due to confidentiality of caregivers.
- Parents must attend Part 1 in order to attend Part 2.
- Participants will receive handouts on the material being presented.
- This workshop is in EST: NY time zone.
- It is suggested and advised that therapists who are referring parents should attend the workshop.
- Therapists also should have a follow up session with parents soon after the workshop to discuss thoughts, insights and make a plan on how to proceed based on the workshop information.

### Part 1 Description

- Trauma 101: What it is and Examples
- Attachment Wounds and Examples
- Strategies to Manage the Child's Behaviors

### Part 2 Description

- Dissociation and its Presentation in Symptoms and Behaviors
- Understanding Parts of Self and How they Present Themselves
- Managing their Child when Incidents or Behaviors Occur: Use of Tone, Behaviors and Statements
- How to Manage the Angry and Hostile Parts of Self



**Annie Monaco, LCSW, RPT-S**  
Trauma Specialist: Psychotherapist, Trainer and Consultant

### The parent you are referring must meet the criteria:

- Understand that this is an educational workshop and not a treatment session
- Be able to hear about trauma and attachment wound examples
- Therapist has provided some education on trauma and attachment wounds so that the parent has a basic understanding before attending the workshop. Suggested videos are:
  - EMDRIA: [What is Trauma](#)
  - ISSTD fact sheet for caregivers: [Download PDF at bottom of webpage](#)
  - ISSTD fact sheet for teachers: [Download PDF at bottom of webpage](#)
- The parent is agreeing to not disclose their child's name and not share their child's history or behaviors during the workshop.
- If there is time for questions, trainer will take question to clarify material that was presented or the caregiver ask the question in a general way and not seeking treatment advice about their child.

### Important Guidelines:

- Parents will register with their first name only and email to receive the zoom link.
- Therapists will register their full information and have a separate registration.
- Parents will list their first name or initials on the zoom screen. It is advised not to use last names.
- Parents will stay muted and can have their camera off if they choose.
- Parents need to be in a quiet space and the child/children cannot be in the background and be seen on the camera. Dogs and cats are allowed!
- Parents/Therapists cannot be driving a car during the workshop. For parents: If the car is the only quiet and confidential space, then please notify trainer when you arrive on zoom through a private chat.

### Dates for August to Nov. 2026

Both days are 2 hours and 15 mins and mandatory to attend.

### Cost:

\$76 dollars for one or two caregivers  
\$76 dollars for therapist

### Option 1: Tuesday, August 18th & Wednesday, August 19th

12:30 - 2:45pm EST both days

Other start times: CST - 11:30am, PST - 9:30am

### Option 2: Monday, September 28th & Monday, October 5th

6:30 - 8:45pm EST both days

Other start times: CST - 5:30pm, PST - 3:30pm, AEST - 8:30am. AWST - 6:30am

### Option 3: Wednesday, November 18th & Thursday, November 19th

12:30 - 2:45pm EST both days

Other start times: CST - 10:31am, PST - 9:30am

## Trainers

**Annie Monaco, LCSW, RPT-S** is co-founder of Playful EMDR, an online hub for training and consultation. Annie travels internationally/US providing specialty trainings on EMDR with children and teens and treating attachment wounds and children using dissociative strategies. Annie has extensive experience with foster care, out of country adoptions, and at-risk teenagers and family therapy. Annie is an EMDRIA approved trainer of EMDR and provides consultation to therapists and agencies.

Email: [monaco.training.center@gmail.com](mailto:monaco.training.center@gmail.com)



**Christine Choucair, MS, LPC** is a Licensed Professional Counselor and EMDRIA Approved Consultant-in-Training based in Denver, and owner of Little Owl Counseling. She specializes in working with children, adolescents, and families impacted by complex trauma, with a focus on strengthening caregiver-child relationships. Christine is a Certified EMDR Therapist, Certified TraumaPlay Therapist, and Circle of Security Facilitator.

Email: [christine@thelittleowlcounseling.com](mailto:christine@thelittleowlcounseling.com)



## Registration

Be sure to click on the correct link on the web page, as there are three different training options.

## Contact Me

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