

**Infant Development Association of California
Southern California Regional Conference**

Effective Collaboration: Together We Are Unstoppable



**Session Description
Saturday, March 4, 2017
10:15 am - Noon**

**Collaborating with Families on Home Visits: How to Listen and
Take Care of Yourself**

Professionals working with families are often stressed by the dynamics they encounter on home visits. Our reactions can affect the way we feel about our families and our work. This workshop will introduce research on how our body and mind react to stressful situations and the participants will identify their own specific stressors. Participants will assess the impact of the grief process on caretakers and how it affects the family's relationships with providers as well as other family members. Participants will be exposed to techniques of mindfulness and self-compassion that will enable them to improve outcomes and service to children and families.

Karin W. Crosby, LCSW, Family Counselor, Santa Clara County Office of Education, Early Start Program

Karin has been working with children and families for over 30 years. She was a service coordinator at San Andreas Regional Center for 10 years in the Early Start program. Currently she is the social worker for the County Office of Education's Early Start program providing home visits and parent groups for families that have children with special needs. Karin also provides reflective practice groups for the multidisciplinary staff.

In her private therapy practice she has worked with children who have experienced abuse and trauma as well as parents who have concerns about their relationships with their children.

For many years, Karin has been providing clinical supervision in a variety of agency settings to interns who are seeking MFT and MSW licensure including; Support Network for Battered Women, San Andreas Regional Center and Human Development Counseling Center.

Karin has a Bachelor of Science degree in Psychology and a Masters in Social Work. She has been a Licensed Clinical Social Worker in California since 1986.