



RUTGERS HEALTH  
University Behavioral Health Care  
Behavioral Research and Training Institute

## Training Announcement

# The Nurtured Heart Approach® Certification Training Intensive

*In Partnership with*  **Nurtured Heart Institute**

*The goal of this 5-day training is to certify participants as Nurtured Heart Approach®  
trainers.*

Target Audience: Social Workers, Certified Counselors, LMFTs, Psychologists and others who support  
children, youth & families. 29 CEUs through NBCC, APA, ASWB

**Online via Zoom**

**MARCH 2-6, 2026**

### DETAILED SCHEDULE:

MONDAY	3/2	8:45AM-4PM
TUESDAY	3/3	9AM-4PM
WEDNESDAY	3/4	9AM-4PM
THURSDAY	3/5	9AM-4PM
FRIDAY	3/6	9:00AM-2:10PM

**Full attendance at all above sessions is required for certification.**

**On Monday morning, please plan to sign on by 8:45 am.**

**To Register, Click Link Below:**

[https://rutgers.cloud-  
cme.com/course/courseoverview?P=0&EID=28621](https://rutgers.cloud-cme.com/course/courseoverview?P=0&EID=28621)

## **PRESENTERS:**

**Dawn Kowalczyk, Dawn Ellis & Darron Lee Harley, Sr**

Official Nurtured Heart Institute Worldwide Partners



**Dawn Kowalczyk, MS, LMFT** has been in the behavioral health field for 28 years and has experience in children's systems of care and child welfare in three states. She coordinated the clinical program for an alternative high school, and the transformation to a trauma informed milieu by implementing Nurtured Heart earned the National School of Character Award in 2014. She holds a certificate in Traumatic Stress Studies from the Trauma Center at Justice Resource Institute and has been certified in the Nurtured Heart Approach® for 18 years. At Rutgers University, she coordinates the statewide NHA Trainer Learning Community, the ARC/ARC Grow and DREAMS grants, and formerly the Promising Path to Success grant which has produced 14 CTIs, graduating over 1,000 NHA Certified and Advanced Trainers statewide. Dawn is an Air Force Veteran, served as a NJ DCPP resource parent for 9 years, and is a DCPP adoptive parent.

**Dawn Ellis** has been a parent educator for 30 years, and a trainer and social work professional for 14 years. She integrates her lived experience to inspire growth and transformation. Through her professional development trainings and coaching, Dawn empowers others to lead with empathy, authenticity, and resilience. Her work bridges real-world experience with practical guidance, helping individuals and organizations create meaningful change from the inside out. For the past 10 years, she has been advocating for and supporting caregivers & families as a peer partner within the NJ Children's System of Care (CSOC), Dawn is a sought after Nurtured Heart Trainer & Consultant for community and school programs throughout NJ, PA, Texas and Massachusetts, and has also trained NHA internationally. Dawn is a consultant mentor for the NJ CSOC funded DREAMS grant with Rutgers University, working with school districts to implement trauma informed practices with the Nurtured Heart Approach®.

**Darron Lee Harley Sr.** is a dynamic public speaker, trainer, and program director committed to empowering individuals and organizations through strength-based practices. A graduate of Ursinus College with a B.A. in Media and Communication Studies and a minor in Sociology, Darron currently serves as the Corporate Trainer for the Center For Family Services. His leadership experience includes directing foster care, education, and supportive housing programs in Camden, New Jersey. As founder of 1 Like, 1 Comment, LLC, Darron is a sought-after professional development speaker and consultant. He has facilitated district-wide and organizational trainings on the Nurtured Heart Approach®, Unconscious Bias, Educator Self-Care, and Parenting Skills. Darron also serves as Senior Pastor of New Birth Praise and Worship Christian Church in North Philadelphia and is known for his relatable leadership style and passion for community engagement. He serves on the Board of Directors for CGS Family Partnership of New Jersey and previously on the Children's Success Foundation Board. Darron is married to his college sweetheart, Jennifer, and they have three children.

**Nurtured Heart Institute Worldwide Partners CTI Link:**  
<https://www.nurturedheartinstitute.com/worldwidepartners>

### **TRAINING OBJECTIVES**

Participants will be able to:

*Analyze and accurately describe the conceptual framework of the Nurtured Heart Approach (NHA), including key constructs and mechanisms of change, as demonstrated through structured knowledge assessment or case vignette mapping.*

*Apply the Three Stands of NHA in simulated counseling interactions by delivering recognition statements that meet predefined criteria (behavior-specific, neutral in tone, timely, and linked to strengths) with adherence measured by a skills rubric.*

*Implement techniques to build client “inner wealth”—defined as clients’ internalized sense of competence and positive identity—by using relationship-based recognition, intentional reflection of successes, and consistent limit-setting; demonstrate proficiency via supervised role-play ratings and structured reflection.*

*Maintain strengths-focused, clear, and consistent communication during challenging scenarios while upholding established limits, as evidenced by performance on standardized role-play assessments aligned with fidelity criteria.*

*Develop and evaluate strategies to adapt NHA-informed self-talk and adult relationship communications to diverse cultural contexts using a cultural formulation framework, documenting at least two adaptations and justifications in a reflective worksheet aligned with ethical practice and professional boundaries.*

Please contact us at: [dawn.kowalczyk@rutgers.edu](mailto:dawn.kowalczyk@rutgers.edu) regarding registration questions.

Those who login on time and are present for the entire 5 days of training will receive documentation of attendance. For further information, to have any grievances addressed, or to request special accommodation for disability (ADA), please contact [cce@ubhc.rutgers.edu](mailto:cce@ubhc.rutgers.edu)

All individuals who affect the content of continuing education activities are required to disclose to the audience any real or apparent conflict of interest related to the activity. The activity faculty are further required to disclose discussion of off-label/investigational uses in their presentations. These disclosures will be made to the audience at the time of the activity. There is no commercial support for this activity.

**Please Note – to receive documentation for continuing education, all participants must:**

- Sign on prior to the start time and be present for the entire session each day.
- After the training is completed, an attendance attestation via Qualtrics will be shared. This must be completed for CE credit access.
- Please grant CCE 7-10 days to confirm and process attendance in Rutgers Health CloudCME prior to logging into the system to complete the post-program evaluation and download CE Certificate or General Attendance Certificate.
- Partial credits will not be issued to participants arriving late or leaving early.

**Training Agenda**

<b>MONDAY</b>	
8:45am	Login to zoom, small group assignments, introduction to CTI
9:00am	Philosophy of NHA: Traditional Methods & Intense Youth; Energy Informs Everything; Upside-Down Energy
10:30am	<b>BREAK – 15 mins</b>
10:45am	Greatness! Inner Wealth™; Creating Success; First-hand vs Second-hand experiences; A Portfolio of Experience
12:15pm	<b>LUNCH BREAK – 30 mins</b>
12:45pm	Building Inner Wealth: What is NHA? Intensity Isn't the Enemy; Improvement vs Transformation; Qualities of Greatness
2:15pm	<b>BREAK – 15 mins</b>
2:30pm	Energy Workshop Breakout Groups
4:00pm	Adjourn for the day
<b>TUESDAY</b>	
9:00am	<u>NHA Stand 1:</u> Absolutely No! Refuse to Energize Negativity; Toys R Us Analogy; Ignoring vs Refusing to Energize Negativity; Relationship vs Attention
10:30am	<b>BREAK</b>

10:45am	<u>NHA Stand 2:</u> Absolutely Yes! Relentlessly Energize Success; Video Game Theory; No Blame; Intentions of NHA – Baby Steps, Story of the Toll Taker, Make Miracles from Molecules
12:15pm	LUNCH BREAK
12:45pm	NHA Recognitions: Active Recognition, Experiential Recognition, Proactive Recognition, Creative Recognition
2:15pm	BREAK
2:30pm	NHA Recognitions Practice and Breakout Groups
4:00pm	Adjourn for the day
<b>WEDNESDAY</b>	
9:00am	<u>NHA Stand 3:</u> Absolutely Clear! Setting and enforcing limits, unenergetically and with clarity; Time outs; Rules of the Game; You can't stop anyone from breaking a rule
10:30am	BREAK
10:45am	The Inner and Outer Workings of Resets - Resets internalized; The 3 R's; Consequences within policies
12:15pm	LUNCH BREAK
12:45pm	NHA Transformations and the 3 Stands NHA Coaching Process; NHA as a mode of transformation
2:15pm	BREAK
2:30pm	The 3 Stands Reset Experiential & Inner Wealth Coaching
4:00pm	Adjourn for the day

<b>THURSDAY</b>	
9:00am	Fearlessness & NHA Healing <ul style="list-style-type: none"> <li>• NHA as a modality of healing</li> <li>• Steps of Fearlessness</li> </ul>
10:30am	BREAK
10:45am	“Notching Up” the use of NHA, when times are tough <ul style="list-style-type: none"> <li>• Warrior mode of NHA</li> <li>• Navigating resistance</li> <li>• Coaching in intense situations</li> </ul>
12:15pm	LUNCH BREAK
12:45pm	NHA Experiential
2:15pm	BREAK
2:30pm	Notching Up the 3 Stands Experiential
4:00pm	Adjourn for the day
<b>FRIDAY</b>	
9:00am	NHA “Elevator Pitch” Fidelity & Resources
10:30am	BREAK
10:45am	Burning Questions Experiential Sharing of epiphanies from the week
12:15pm	BREAK
12:30pm	Final Breakout Groups
2:10pm	Evaluations



JOINTLY ACCREDITED PROVIDER™  
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, Rutgers Biomedical and Health Sciences is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.



**Social Workers:** As a Jointly Accredited Organization, Rutgers Biomedical and Health Sciences is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive **29 (clinical) continuing education credits.**



**Certified Counselors:** Rutgers University Behavioral Health Care has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6198. Programs that do not qualify for NBCC credit are clearly identified. Rutgers University Behavioral Health Care is solely responsible for all aspects of the program. **(29.0 Clock Hours).**



**Marriage and Family Therapists (MFT/LMFT):** This course has been approved for **29** recertification credits for Marriage and Family Therapists to The Certification Board of NJ, Inc. Recertificate code: **200030626RECs29**



**Psychologists:** This course is approved for **29 CE Credits.** **Continuing Education (CE)** credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.

## **Disclosure Declarations**

In accordance with the disclosure policies of Rutgers and to conform with Joint Accreditation requirements and FDA guidelines, individuals in a position to control the content of this education activity are required to disclose to the activity participants: the existence of any relevant financial relationship with any entity producing, marketing, re-selling, or distributing health care goods or services consumed by, or used on, patients, with the exemption of non-profit or government organizations and non-health care related companies, within the past 24 months; and the identification of a commercial product/device that is unlabeled for use or an investigational use of a product/device that is not yet approved.

**Faculty:** The following faculty have no relevant financial relationships to disclose: Dawn Kowalczyk & Dawn Ellis, Darron Lee Harley, Sr.

**Peer Reviewers:** The following peer reviewers have no relevant financial relationships to disclose: Stephanie Marcello PhD, Laura Burns, LCSW, Rutgers University Behavioral Health Care.

**Planners:** The following planners have no relevant financial relationships to disclose: Laura Burns; Dawn Kowalczyk.

**Off-Label/Investigational Use Disclosure:** Faculty are required to disclose discussion of off-label/investigational uses of commercial products/devices in their presentation.

These disclosures will be made to the audience at the time of the activity.

**Content Disclaimer:** The views expressed in this activity are those of the faculty. It should not be inferred or assumed that they are expressing the views of any manufacturer of pharmaceuticals or devices or Rutgers Biomedical and Health Sciences. It should be noted that the recommendations made herein with regard to the use of therapeutic agents, varying disease states, and assessments of risk, are based upon a combination of clinical trials, current guidelines, and the clinical practice experience of the participating presenters. The drug selection and dosage information presented in this activity are believed to be accurate. However, participants are urged to consult all available data on products or procedures before using them in clinical practice.

**Peer Review Statement:** In order to help ensure content objectivity, independence, and fair balance, and to ensure that the content is aligned with the interest of the public, RBHS has resolved all potential and real conflicts of interest through content review by non-conflicted, qualified reviewers. This activity was peer-reviewed for relevance, accuracy of content, and balance of presentation by: Stephanie Marcello PhD, Laura Burns, LCSW.

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If a participant or potential participant would like to express a concern about their continuing education experience with this Rutgers University Behavioral Health Care activity, they may contact UBHC Center for Continuing Education - CCE at [cce@ubhc.rutgers.edu](mailto:cce@ubhc.rutgers.edu)