



New Learning Culture

Becoming a Learning Companion to Accompany Children Ages 6 to 14

First Teacher and Parent Training Series 2011/2012

*The concept of an education centered upon the care of the living being alters all previous ideas.
Resting no longer on a curriculum, or a timetable, education must conform to the facts of human life.*

Maria Montessori (1870 - 1952)

The NLC teacher training offers an introduction to a new paradigm of sustainable, student-led education accompanied by adults. Each one of us has unique gifts to offer to children. This training provides you with a structure to explore and share your unique teaching gifts in authentic, efficient, respectful ways - wherever you are, with whatever is available. In addition to being parents, home-schooling parents, educators, child-care providers, psychologists, we can become "learning companions" for children. NLC teaching skills can be used in homes, classrooms, playgrounds, hospitals, and even to co-create alternative schools based on self-directed, hands-on learning.

The NLC training provides participants with a wide array of tools relevant to genuine student-led learning within healthy boundaries. It is essentially based on Maria Montessori's original writings and Rebeca and Mauricio Wild's child-centered educational model that is being practiced in alternative schools across Europe for the last thirty years. Participants will learn how to accompany children on their path as self-directed learners, enrich the children's natural development with hands-on learning materials, non-invasive teaching within prepared environments, and guide the children's social skill development through healthy boundaries. The training includes tools and elements from the field of alternative education (Montessori, Waldorf, Reggio Emilia, Froebel and more), the sciences of neuro-cardiology, epigenetics and social intelligence, attachment theory, play therapy, mindfulness in education, and energy healing.

The teacher training is also designed to initiate or deepen a personal journey of exploration of the "sacred child within". Allowing children to grow up with authenticity inevitably also leads adults to greater authenticity in their own lives. Deepened awareness of personal childhood conditioning prevents us from transferring our own wounds onto children. The healing tools offered in this course include introductions to EFT (Emotional Freedom Technique), Bach flower remedies, a great variety of emotional processing, relaxation, and meditation techniques.

The world of the child is best understood by connecting with the child within. We will also offer time to play, tinker and explore Montessori and other hands-on learning materials for academic skill development. Playing with the Montessori materials allows profound insights into the beautiful harmony of mathematics. Further activities may include self-directed explorations in art, music, story-telling, and cooking.

PROGRAM BRIEF

This teacher training pilot program is offered at a reduced fee. The program may be subject to changes during the course of the training. Participants may be asked to provide feedback and fill in evaluation sheets.

Each session will be started with a mindfulness or healing practice, then, we will explore the planned topic in depth. Each session will also offer an introduction to a Montessori (or other) hands-on learning material and free play/exploration time in the Montessori-inspired classroom.

Lead instructor: Carmen Gamper, *Founder New Learning Culture*
Guest speakers: Richard Miller, *Founder Integrative Restoration Institute, iRest for Kids*
Dr. Chris White, *Founder Essential Parenting*
Mary Ocategui *Founder International Maternity Institute*
Daniel Rechtschaffen, *Founder Mindful Education Institute*
Wilana Anderson, *Montessori and Waldorf Educator*
Iva Tashlick, *Practitioner of Healing Arts*
Douglas Lerch, *Play Therapist*

NOVEMBER 20, 2011

Morning: **A New Learning Culture**
Afternoon: **Our Sacred Child Within**

DECEMBER 11, 2011

Morning: **The Child's Genuine Needs**
Afternoon: **The Child's Inner Plan and the Natural Intelligence of Life**

JANUARY 29, 2012

Morning: **Becoming a Learning Companion**
Afternoon: **Healthy Boundaries**

FEBRUARY 26, 2012

Morning: **Self-Directed Learning Environments**
Afternoon: **Non-Invasive Teaching**

MARCH 25, 2012

Morning: **iRest for Kids**
Afternoon: **Variety of Mindfulness Practices**

APRIL 29, 2012

Morning: **The Essence of Hands-On Learning Materials**
Afternoon: **Introductions to the Most Useful Hands-on Learning Materials**

MAY 20, 2012

Morning: **Review and Summary of all Course Sessions**
Afternoon: **Presentation of Personal Creative Projects**

DETAILED PROGRAM DESCRIPTION

(may be subject to changes)

NOVEMBER 20

Morning: A New Learning Culture

- Exploring a template for pressure-free student-led learning, a new paradigm of education
- Introduction to Maria Montessori's educational approach that pioneered an efficient structure for child-led learning
- Rebeca and Mauricio Wild's educational model which is being practiced in over thirty-five schools across Europe
- How to enrich the self-directed, Montessori-inspired classroom with tools, learning opportunities, and elements from:
 - The Waldorf approach
 - The Reggio Emilia approach
 - The Froebel approach
 - Play therapy
 - Emotional processing
 - Conflict mediation tools
 - Mindfulness tools

Afternoon: Our Sacred Child Within

- Our own childhood experiences
- Toolbox to honor and heal the sacred child within
- Introduction to Bach Flower remedies
- Introduction to EFT (Emotional Freedom Technique) *with guest speaker Iva Tasblich*

DECEMBER 11

Morning: The Child's Genuine Needs

- The child's genuine needs on the physical, emotional, intellectual and spiritual level and how can we fulfill them as much as possible
- Two modes of perception: the vital difference between "I am safe" mode and "I feel threatened" - mode

Afternoon: The Child's Inner Plan and the Natural Intelligence of Life

- Introduction to relevant concepts from the new sciences of epigenetics, neuro-cardiology, and natural cell development as researched and summarized by Bruce Lipton, Joseph Chilton Pearce, and Umberto Maturana
- The significance of the child's spontaneous activities, the importance of making personal choices to remain connected to inner guidance and learn to adapt to change; the educational effects of free play, exploration, tinkering, creating, destroying without any worry about the result
- How to honor a child's free will within healthy boundaries
- The natural stages of development and the sensitive periods
- The child's self-centered perspective, how children learn to take care of their needs, and the development of the intelligence of love
- The significance and self-healing effects of free imaginative play
- Toolbox to keep children in the "I am safe"-mode and for emotional processing
- Attachment Theory and Helping Children Build Resilience *with guest speaker Dr. Chris White (<http://www.essentialparenting.com/>)*

JANUARY 29

Morning: Becoming a Learning Companion

- Accompanying children during self-initiated, spontaneous activities, self-directed learning, free play, and hands-on learning
- How to observe and accompany free play and spontaneous activities
- Using the child's inclination for imitation with awareness
- The long-term effects of rewards, praise and punishment
- Allowing boredom as part of the creative process
- How to deal with "mistakes" as part of the learning process
- Assisting children in developing self-discipline and honoring commitments

Afternoon: Healthy Boundaries

- Taking responsibility
- Defining healthy boundaries
- Setting boundaries respectfully and the emergence of "functional discipline"
- Accompanying social interactions and conflicts
- Helping children develop social skills
- Allowing children to be powerful and strong
- iRest for Kids *with guest speaker **Richard Miller PhD*** <http://www.irest.us/>

FEBRUARY 26

Morning: Self-Directed Learning Environments / Healthy Boundaries

- Basics of creating child-friendly environments anywhere with whatever is available
- The self-directed learning environment, indoors / outdoors for an elementary and middle school
- Defining a school structure through environment, schedule, and offerings
- Developing house rules
- Inspiration and curriculum through environment
- Greening Learning Environments *with guest speaker **Mary Oscagetti*** <http://www.babyplannerinstitute.com/>

Afternoon: Non-Invasive Teaching

- Non-invasive teaching for one-on-one, small and large groups
- Co-directed learning
- The three-period lesson
- Progress evaluation and the check-list curriculum
- Offering ongoing classes and accompanying study groups
- Exploration of your personal teaching skills, using your creative genius in the classroom
- Offering seasonal celebrations, birthday celebrations, and rites of passage
- Introduction To The Peace Table *by guest speaker **Wilana Anderson** (Founder Harmony Mill Valley, Montessori and Waldorf teacher):*

MARCH 25

Morning: Variety of Mindfulness Practices

- The significance of story telling

Afternoon: The Mindfulness Practice of the Mindful Education Institute

Sharing mindfulness practices with children *with guest speaker **Daniel Rechtschaffen MA*** (<http://www.mindfuleducationinstitute.com/>)

APRIL 29

Morning: The Essence of Hands-On Learning Materials

- Overview of hands-on learning materials, Montessori, Froebel, Waldorf, Nikitin, indigenous materials, self-made materials and other hands-on learning materials
- Where to buy materials
- How to transform daily life items into hands-on materials

Afternoon: Introductions to the Most Useful Hands-on Learning Materials

- Introductions to the most useful math, language and cosmic education materials
- Basic Principles of Play Therapy *with guest speaker Douglas Lerch, (Play Therapy)*

MAY 20

Morning: Review and Summary of all Course Sessions

- Review, communal summarizing of what was learned, discovered and exploring how we can share what was learned
- Short sharing of each person's life and learning process during the course, visions, projects and plans for the future

Afternoon: Presentation of Personal Creative Projects

In this last session, every participant is asked to present a creative project. Anything related to the course is welcome, e.g. a hands-on learning material, any addition to the learning environment, a non-invasive lesson, or other visionary ideas.

INTRODUCTION TO THE TEACHERS

LEAD INSTRUCTOR AND LEARNING COMPANION

Carmen Gamper

Carmen Gamper is founder of New Learning Culture Consulting and author of "The Sacred Child Companion. Handbook for Child-Centered Education". She is an international advocate for innovative student-led education. She assists educators and parents in bringing self-directed learning and hands-on learning materials to enrich their educational environments. Currently, Carmen is writing an extended edition of her book, preparing a workshop series for teacher training, and, together with parents, planning an elementary school in Marin, CA.

Carmen is part of a new European wave of "enhanced" Montessori teachers who also include elements from Waldorf, ReggioEmilia and the new sciences of epigenetics and neuro-cardiology. Carmen co-created and was educational director of two K-8 private schools in Europe. She was invited by the leadership of Schule Miteinander in Wörgl, Austria, to re-create their school learning environment. Her work helped this alternative school to be awarded the status of an accredited school. Working with a group of parents in her hometown of Meran, Italy, she co-created a private school in 2004 that is still thriving.

After finishing her degree in German and English linguistics/literature/didactics, Carmen completed a Montessori teacher training with Claus-Dieter Kaul. (Dr. Kaul founded the Institut für Ganzheitliches Lernen (Institute for Holistic Learning) in Munich, in support of a new wave of enhanced Montessori teacher training throughout Europe.) Carmen also studied extensively with Rebeca and Mauricio Wild (Pestalozzi School, Ecuador), two of the world's foremost promoters of active learning. As a true self-directed learner she acquired basic knowledge and skills from a wide range of educational philosophies such as Waldorf, Reggio Emilia, Nikitin, Summerhill and Sudbury.

Carmen is a pranic energy healer, and studied with Grand Master Choa Kok Sui and Master Sai Choletti.

GUEST TEACHERS

Richard Miller PhD

Richard Miller, PhD is a clinical psychologist, author, researcher, yogic scholar and spiritual teacher. For over 40 years, Richard Miller has devoted his life and work to integrating the nondual wisdom teachings of Yoga, Tantra, Advaita, Taoism and Buddhism with Western psychology. Among his mentors were Jean Klein, T.K.V. Desikachar and Stephen Chang.

Richard is the founding president and CEO of the Integrative Restoration Institute, co-founder of The International Association of Yoga Therapy and founding editor of the professional Journal of IAYT. He is also a founding member and past president of the Institute for Spirituality and Psychology and a senior advisor for the Baumann Foundation for the study of Awareness and its impact on well-being.

Author of *Yoga Nidra: The Meditative Heart of Yoga*, Richard serves as a research consultant studying the iRest Yoga Nidra protocol that he has developed (Integrative Restoration ~ iRest, a modern adaptation of the ancient nondual meditation practice of Yoga Nidra) researching its efficacy on health, healing and well-being with diverse populations including active-duty soldiers, veterans, college students, children, seniors, the homeless, the incarcerated, and people experiencing issues such as sleep disorders, PTSD, chemical dependency, chronic pain, and related disorders.

In addition to his research and writing projects, Richard lectures and leads trainings and retreats internationally.

Dr. Chris White

Chris White, M.D., is a board-certified pediatrician, parent educator, and life coach. He is the creator and director of Essential Parenting, an organization that emphasizes the psycho-emotional development of children and their parents.

Over the past 15 years, Chris has committed himself to mindfulness practice, meditation, inquiry, and many other somatic practices. He says that it's these practices—more than any textbook—that have taught him the most about human behavior and guide him in his work in supporting people to continue growing across their lifespan.

Chris holds a certificate from New Ventures West in San Francisco as an Integral Coach. He has studied with Dr. Gordon Neufeld in Vancouver and participates in an ongoing directed-study program at The Neufeld Institute. Chris is especially interested in the “neurobiology of maturation” and is actively exploring the work coming out of the field of Interpersonal Neurobiology spearheaded by Dr. Dan Siegel.

His work has been featured in the PBS series, *This Emotional Life* and *Pathways to Family Wellness* magazine. He has lectured at Santa Clara University on topics such as “Integral Psychology,” “The Arc of Human Development,” and “Loving Discipline,” and has led and participated in men's groups in Marin County since 2002. Chris is also a student-practitioner of the Diamond Approach.

Chris's life has been a love affair with the process of awakening, unfolding, and authentic expression, and this has led him to becoming a parenting educator and coach. His passion for babies and children stems from their capacity for spontaneous and unapologetic authenticity. Chris has attended thousands of births,

including the home birth of his two sons, and is often moved to tears at this physical expression of the dynamic unfolding of life and the power that it brings into the room. He sincerely hopes that his parenting classes and coaching work can re-awaken a tiny fraction of the astonishment and mystery of that moment. Chris is especially blessed to live in the cozy redwoods of Woodacre, California with the love of his life, Kari, and their beautiful two boys, Kai and Bodhi.

Daniel Rechtschaffen MA

Daniel Rechtschaffen- Founding Director- Mindful Education Institute is a pioneer in the field of mindfulness and education. He organizes the annual Mindfulness in Education conference at the Omega Institute. He helped create the curriculum for Mindful Schools, Mindfulness Without Borders, and the Mindful Mothering Project. He travels internationally to help develop mindful environments in schools and communities. In addition to his work in mindfulness and education, Rechtschaffen currently has a private psychotherapy practice as a marriage and family therapist intern, where he integrates cutting-edge psychological techniques with ancient wisdom traditions. He works with children, families, individuals, and groups. He also has taught developmental psychology with the ASA program at the University of California, Berkeley.

Iva Tashlick

Iva Tashlick is an enthusiastic lifelong student and explorer of consciousness, creativity, human potential, wisdom traditions, and embodied spirit. Iva has enjoyed sharing her skills in the wellness field for over 30 years, blending massage therapy, movement education, somatics, NLP, hypnosis and EFT. She offers a wealth of experience and presence and a unique synthesis to each person she works with. Iva is deeply thankful to be alive at this time of planetary evolution and so glad to be a part of the awakening new paradigm arising everywhere now. Iva has also been passionately involved with Women's Spirituality ~ co-creating, facilitating, anchoring, hosting and empowering herself and others through gatherings, women's circles, ceremony and ritual.

Wilana Anderson

Wilana Anderson is founder and director of Harmony Montessori Preschool. She is a Montessori teacher and also Waldorf teacher trained. In her Montessori-based school, she offers children elements from Waldorf education.

Mary Oscategui, CBP [IABPP], is the Founder, CEO, and President of the International Maternity Institute (IMI) and International Academy of Baby Planner Professionals (IABPP). She is an international business consultant and educator who specializes in maternal health, fitness, and going green. Her career in the baby planning industry began with her company TheBabyPlanner.com. She is also the founder of PhysicalAwakening.com, a holistic integrative approach offering the services of yoga, meditation, pilates, fitness, and nutrition.

She is the author of "The Baby Planner Profession: What You Need To Know! The Ultimate Guide and Resource for Baby Planner Professionals," which provides those interested in a baby planning career with all the tools and support necessary to get started in the new industry of baby planning. Her latest book, "Green Body Green Birth," is due to release at the end of 2011.

Mary enjoys empowering, educating, and supporting expectant and new parents to know all their options so that they may confidently make the best decisions for themselves and their baby in the most objective, healthy, and safe way.

Douglas Lerch

Douglas Lerch is a psychotherapist and counsels children, families, and adults in the S.F. Bay Area. He has created and developed a school-based movement and play therapy program and is pioneering a

Mindfulness and Movements Class at the Montessori Family School in El Cerrito. Douglas has taught Developmental Psychology at UC Berkeley's ASA program and has over eight years experience working with youth and adolescents. Douglas has a Masters in Counseling Psychology from California Institute of Integral Studies.

INTRODUCTORY MEETINGS

Monday, October 24, 6pm-7pm

OR

Sunday November 6, 10am- 11am

PLEASE RSVP

Both meetings at **Harmony Montessori, 12 Shell Rd., Mill Valley 94941.**

(You will see a big 12 on the sidewalk; the school is BEHIND the first building you see; please walk in through the wooden door towards the back where you will see the school.)

COURSE LOCATION

TBD, but very likely: Harmony Montessori, 12 Shell Road, Mill Valley

SCHEDULE

One Sunday a month for 7 hours,

November 20, December 11, January, 29, February 26, March 25, April 29, May 20

Mornings 10:00am-1pm

In the 1hour lunch break, potluck to share a light meal

Afternoon 1pm-5pm

ATTENDANCE

Participants are requested to attend all program sessions to receive a certificate of attendance.

COURSE FEE

Reduced pilot course fee: \$1,330

to be paid in full, or in 7 installments \$190 per months for 7 months

This reduced course fee is non-refundable.

Fee includes approximately 42 hours (TBD) of training, all course materials, plus a copy of "The Sacred Child Companion."

PLEASE SIGN UP ONLINE: www.newlearningculture.com/workshops.html

SCHOLARSHIPS

A limited amount of reduced fee scholarships is available. Special consideration if you are a single parent, or

your income level is below \$ 25,000 per year.

If you would like to be considered, please do the following:

- a) Please come to one of the introductory meetings
- b) After the meeting, if you feel the training is a good fit for you, and lack of finances is the only obstacle, please write an e-mail to explain your circumstances.

Reduced scholarship fee is \$110 per month for seven months (instead of \$195 per month for seven months.)

CONFIDENTIALITY:

Due to the personal nature of some of the program's content, participants are expected to adhere to our confidentiality policy. Participants agree to not disclose any personal information about other participants either during the course of their study or after completion of the program. This helps to create a safe and supportive learning environment for all participants.

SUGGESTED READING

Carmen Gamper: *The Sacred Child Companion. An Introduction to Child-Centered Education*

Rebeca Wild: *Raising Curious Creative Confident Kids. The Pestalozzi Experiment in Child-Based Education*

Maria Montessori: *The Absorbent Mind*

Maria Montessori: *The Secret of Childhood*

Betsy Evans: *You're Not My Friend Anymore. Illustrated Answers to Questions About Young Children's Challenging Behaviors*

THIS TRAINING IS ENDORSED BY...

Integrative Restoration Institute, www.irest.us/

Essential Parenting, www.essentialparenting.com/

The International Maternity Institute, www.babyplannerinstitute.com/

The Mindful Education Institute, www.mindfuleducationinstitute.com/

Froebel USA, www.froebelusa.com/about-us

We are planning to have future trainings evaluated for ECU.