

# Person-Centered Thinking Training



Envision a world where all people are treated with dignity and respect. A world where all people have positive control over their lives, **no matter what's happened to them.**



## What is Person-Centered Thinking (PCT)

At Foster Village, we use Person-Centered Thinking (PCT) to get closer to that world and you can learn it too. Anyone can use PCT in everyday life to **promote healthy communication** between families, caregivers, and professionals.

PCT is a simple idea...**Put people first**, and listen carefully to learn who they are and what they want from life. PCT builds on the strengths, gifts, talents, skills, and contributions of every individual, and uses those to create goals and a plan to achieve them.

While PCT was an approach first used to serve individuals with intellectual and developmental disabilities, it's now recognized as an effective, empowering communication method for everyone.

And we're happy to offer it to you! In only three sessions, our Caregiver Support Coordinator, [Talya Hines](#), will teach you the PCT model to help you understand how to support the children in your care and other people involved in the foster care system, like caseworkers and therapists. The goal is to teach you how to use these skills to effectively communicate and ultimately support each person involved in the case, while keeping the children and their needs at the center of attention.

### ➤ **WHEN:** Saturdays | 10am - 12pm | Childcare provided

It's important to attend every training session to learn the full possibilities of PCT. However, life happens, so if you end up missing a day, don't fret! You can pick up right where you left off and still be a PCT champ.

### ➤ **WHERE:** Foster Village North Resource Center (12410 Limerick Avenue, Austin 78758)

Contact us to learn more and sign up to join us! [Talya@fostervillageaustin.org](mailto:Talya@fostervillageaustin.org)

*"I use PCT with my husband and at the doctor's office with my kids.  
I use it all the time."*

- Wife and Mother, PCT Trained