



6864 NE 14th Street, Suite 5
Ankeny, IA 50023
800.277.8145 | 515.289.4567
www.ifapa.org | ifapa@ifapa.org

Non-Profit Org
U.S. Postage Paid
Des Moines, IA
Permit # 4278

WINTER SCHEDULE

CLASSES COMING TO:

- Ames
- Ankeny
- Burlington
- Cedar Falls
- Cedar Rapids
- Council Bluffs
- Davenport
- Dubuque
- Indianola
- Iowa City
- Marshalltown
- Mason City
- Sioux City

WINTER 2017
TRAININGS

FOR PARENTS &
PROFESSIONALS



**CONTINUING YOUR EDUCATION ON
THE UNIQUE NEEDS OF CHILDREN IN
FOSTER AND ADOPTIVE HOMES**

TO REGISTER FOR A CLASS: CALL 800.277.8145 OR SIGN UP ONLINE @ WWW.IFAPA.ORG

CPR AND FIRST AID REGISTRATION FORM

The CPR course IFAPA offers is not a certified course. IFAPA's CPR class meets the requirements for foster care licensing, but may not be appropriate for other licensing situations (i.e. childcare, nursing, EMT, etc.).

1st Participant _____ 2nd Participant _____

Mailing Address _____

City _____ State _____ Zip _____

Cell Phone _____ Email _____

Class Date _____ Class Time _____ Class City _____

Cost _____ x \$40 + \$10 = \$ _____
of participants Cost Per Person Late Fee Total Amount Due
(if applicable)

There are NO REFUNDS due to participant cancellations or non-attendance. There is a \$10 late fee per person if payment is not received by the dates listed in this brochure. To register for a class via mail, complete this form and mail with your payment to IFAPA (6864 NE 14th St, #5 - Ankeny, IA 50023). To pay by credit card, visit our website (ifapa.org).

WINTER TRAINING SCHEDULE

ABOUT OUR TRAININGS

Foster, adoptive and kinship parents are welcome to attend any of our trainings. All of our trainings are approved for foster parent credit. There is no cost to attend our trainings (with the exception of our spring conference and CPR/First Aid classes). Classes that are approved for Social Worker CEUs have been noted (*) next to the training titles. To register, visit ifapa.org or call 800-277-8145. *See page 4 for weather-related class cancellation announcements.*

JANUARY 2017 TRAININGS

VISIT THE IFAPA WEBSITE TO FIND TRAINING LOCATION DETAILS

Date & Time	Name of Training & Trainer	Credit	Location
Sat., Jan. 7, 2017 (9am-4:30pm)	The Grieving Process: How to Help You and Your Kids Heal (Matthew Hiveley, Ph.D.)*	6 hours	Ankeny
Sat., Jan. 7, 2017 (9am-12:15pm)	Mandatory Child Abuse Reporter Training	3 hours	Council Bluffs
Sat., Jan. 7, 2017 (1:15pm-5:30pm)	CPR and First Aid (To avoid late fees, register & pay by Sun., Jan. 1)	4 hours	Council Bluffs
Sat., Jan. 14, 2017 (9am-4:30pm)	Utilizing the NURTURED HEART APPROACH in Helping Children with Challenging Behaviors (Kim Combes, LBSW, M.Ed.)*	6 hours	Cedar Falls
Sat., Jan. 14, 2017 (9am-12:15pm)	Mandatory Child Abuse Reporter Training	3 hours	Cedar Rapids
Sat., Jan. 14, 2017 (1:15pm-5:30pm)	CPR and First Aid (To avoid late fees, register & pay by Sun., Jan. 1)	4 hours	Cedar Rapids
Sat., Jan. 14, 2017 (9am-4:30pm)	ACT on Your Stress: Stress Management for Foster and Adoptive Parents Using Acceptance & Commitment Training (Warren Phillips, Ph.D.)*	6 hours	Sioux City
Sat., Jan. 21, 2017 (9am-12:15pm)	I Won't Do It & You Can't Make Me: ODD in Kids & Teens (Warren Phillips, Ph.D.)*	3 hours	Ankeny
Sat., Jan. 21, 2017 (1:15pm-4:30pm)	Arrggg...What Can I Do With My Kids? The Power of Receptive Parenting vs. Reactive Parenting (Warren Phillips, Ph.D.)*	3 hours	Ankeny
Sat., Jan. 21, 2017 (9am-12:15pm)	Mandatory Child Abuse Reporter Training	3 hours	Cedar Falls
Sat., Jan. 21, 2017 (1:15pm-5:30pm)	CPR and First Aid (To avoid late fees, register & pay by Sun., Jan. 8)	4 hours	Cedar Falls
Sat., Jan. 21, 2017 (9am-4:30pm)	Foster Care Meets Mental Health: A Foster Parent Dilemma! (Christy Meyer)*	6 hours	Cedar Rapids
Sat., Jan. 28, 2017 (9am-12:15pm)	Mandatory Child Abuse Reporter Training	3 hours	Ankeny
Sat., Jan. 28, 2017 (1:15pm-5:30pm)	CPR and First Aid (To avoid late fees, register & pay by Sun., Jan. 15)	4 hours	Ankeny
Sat., Jan. 28, 2017 (9am-4:30pm)	Family Matters - Working with Birth Families in the 21st Century (Mike McGuire)*	6 hours	Council Bluffs
Sat., Jan. 28, 2017 (9am-4:30pm)	Utilizing the NURTURED HEART APPROACH in Helping Children with Challenging Behaviors (Kim Combes, LBSW, M.Ed.)*	6 hours	Davenport

FEBRUARY 2017 TRAININGS

VISIT THE IFAPA WEBSITE TO FIND TRAINING LOCATION DETAILS

Date & Time	Name of Training & Trainer	Credit	Location
Sat., Feb. 4, 2017 (8am-12:15pm)	CPR and First Aid (To avoid late fees, register & pay by Sun., Jan. 22)	4 hours	Davenport
Sat., Feb. 4, 2017 (1:15pm-4:30pm)	Mandatory Child Abuse Reporter Training	3 hours	Davenport
Sat., Feb. 4, 2017 (9am-12:15pm)	The Magic of Healing the Brain and Fostering a Secure Attachment (Joann Seeman Smith, Ph.D., LMHC)*	3 hours	Marshalltown
Sat., Feb. 4, 2017 (1:15pm-4:30pm)	Parenting the Willful Child - Helping Your Child Use Their Power for Good and Not Evil (Joann Seeman Smith, Ph.D., LMHC)*	3 hours	Marshalltown
Sat., Feb. 11, 2017 (9am-12:15pm)	Mandatory Child Abuse Reporter Training	3 hours	Ames
Sat., Feb. 11, 2017 (1:15pm-5:30pm)	CPR and First Aid (To avoid late fees, register & pay by Sun., Jan. 29)	4 hours	Ames
Sat., Feb. 11, 2017 (9am-12:15pm)	Compassion Fatigue: Caring for Yourself While Caring for Others (Bobbie Jo Sheridan, LBSW)	3 hours	Ankeny
Sat., Feb. 11, 2017 (1:15pm-4:30pm)	The Secret Life of Teenagers: What Caring Adults Need to Know (Bobbie Jo Sheridan, LBSW)	3 hours	Ankeny
Sat., Feb. 11, 2017 (9am-12:15pm)	Calming the Trauma Storm - Part 1 (Marty Wallace, LMHC)* Can attend both or part 1 or 2	3 hours	Cedar Rapids
Sat., Feb. 11, 2017 (1:15pm-4:30pm)	Calming the Trauma Storm - Part 2 (Marty Wallace, LMHC)* Can attend both or part 1 or 2	3 hours	Cedar Rapids

FEBRUARY 2017 TRAININGS

VISIT THE IFAPA WEBSITE TO FIND TRAINING LOCATION DETAILS

Date & Time	Name of Training & Trainer	Credit	Location
Sat., Feb. 11, 2017 (9am-4:30pm)	Utilizing the NURTURED HEART APPROACH in Helping Children with Challenging Behaviors (Kim Combes, LBSW, M.Ed.)*	3 hours	Sioux City
Sat., Feb. 18, 2017 (9am-4:30pm)	Counteracting the Effects of Disrupted Attachment with Love, Attunement & Play (Dorothy Lifka, LISW)*	6 hours	Ankeny
Sat., Feb. 18, 2017 (9am-4:30pm)	Managing the Short and Long-Term Effects of Sexual Abuse (Heather Craig-Oldsen, MSW, CSW)*	6 hours	Cedar Falls
Sat., Feb. 18, 2017 (9am-4:30pm)	For Better or Worse: Couples Who Foster (Mike McGuire) Both partners must attend	6 hours	Iowa City
Sat., Feb. 18, 2017 (1:15pm-5:30pm)	CPR and First Aid (To avoid late fees, register & pay by Sun., Feb. 5)	4 hours	Indianola
Sat., Feb. 25, 2017 (9am-4:30pm)	What Are You Trying to Tell Me? Responding Effectively to Troubling Behaviors (Lois Smidt & Krista McCalley)*	6 hours	Burlington
Sat., Feb. 25, 2017 (9am-12:15pm)	Mandatory Child Abuse Reporter Training	3 hours	Sioux City
Sat., Feb. 25, 2017 (1:15pm-5:30pm)	CPR and First Aid (To avoid late fees, register & pay by Sun., Feb. 12)	4 hours	Sioux City

MARCH 2017 TRAININGS

VISIT THE IFAPA WEBSITE TO FIND TRAINING LOCATION DETAILS

Date & Time	Name of Training & Trainer	Credit	Location
Sat., Mar. 4, 2017 (9am-12:15pm)	Mandatory Child Abuse Reporter Training	3 hours	Ankeny
Sat., Mar. 4, 2017 (1:15pm-5:30pm)	CPR and First Aid (To avoid late fees, register & pay by Sun., Feb. 19)	4 hours	Ankeny
Sat., Mar. 4, 2017 (9am-12:15pm)	Sleep: How to Know When Something is Wrong and What to Do (Joann Seeman Smith, Ph.D., LMHC)*	3 hours	Cedar Rapids
Sat., Mar. 4, 2017 (1:15pm-4:30pm)	Putting a Stop to Elimination Disorders - Enuresis (Wetting) and Encopresis (Soiling) (Joann Seeman Smith, Ph.D., LMHC)*	3 hours	Cedar Rapids
Sat., Mar. 4, 2017 (9am-12:15pm)	Trauma in Children & Teens: What it Really is & What Really Works (Warren Phillips, Ph.D.)*	3 hours	Davenport
Sat., Mar. 4, 2017 (1:15pm-4:30pm)	Arrggg...What Can I Do With My Kids? The Power of Receptive Parenting vs. Reactive Parenting (Warren Phillips, Ph.D.)*	3 hours	Davenport
Sat., Mar. 11, 2017 (9am-4:30pm)	Foster Care Meets Mental Health: A Foster Parent Dilemma! (Christy Meyer)*	6 hours	Ankeny
Sat., Mar. 11, 2017 (9am-12:15pm)	Calming the Trauma Storm - Part 1 (Marty Wallace, LMHC)* CLASS CANCELLED	3 hours	Cedar Falls
Sat., Mar. 11, 2017 (1:15pm-4:30pm)	Calming the Trauma Storm - Part 2 (Marty Wallace, LMHC)* CLASS CANCELLED	3 hours	Cedar Falls
Sat., Mar. 11, 2017 (9am-12:15pm)	Mandatory Child Abuse Reporter Training	3 hours	Cedar Rapids
Sat., Mar. 11, 2017 (1:15pm-5:30pm)	CPR and First Aid (To avoid late fees, register & pay by Sun., Feb. 26)	4 hours	Cedar Rapids
Sat., Mar. 11, 2017 (9am-12:15pm)	Why Don't Friends Come With Instruction Manuals? (Summer Brunscheen, Ph.D.)*	3 hours	Council Bluffs
Sat., Mar. 11, 2017 (1:15pm-4:30pm)	It's All Greek to Me! A Brief Overview of Learning Disorders (Summer Brunscheen, Ph.D.)*	3 hours	Council Bluffs
Sat., Mar. 18, 2017 (9am-12:15pm)	Mandatory Child Abuse Reporter Training	3 hours	Mason City
Sat., Mar. 18, 2017 (1:15pm-5:30pm)	CPR and First Aid (To avoid late fees, register & pay by Sun., Mar. 5)	4 hours	Mason City
Sat., Mar. 18, 2017 (9am-4:30pm)	Time to Connect: Transitioning from Traditional Parenting to Connected Parenting (Darcie Van Voorst)*	6 hours	Sioux City
Sat., Mar. 25, 2017 (9am-12:15pm)	Growing Relationships Through Play (Tony Raymer, LISW)*	3 hours	Cedar Falls
Sat., Mar. 25, 2017 (1:15pm-4:30pm)	Love Is All You Need? Culturally Responsive Parenting (Tammera Bibbins, MSW)*	3 hours	Cedar Falls
Sat., Mar. 25, 2017 (9am-12:15pm)	Everything You Wanted to Know About Foster Parenting But Were Afraid to Ask (Bambi Schrader)	3 hours	Cedar Rapids
Sat., Mar. 25, 2017 (1:15pm-4:30pm)	Crazy R Us - Managing Crises in Foster and Adoptive Homes (Bambi Schrader)	3 hours	Cedar Rapids
Sat., Mar. 25, 2017 (9am-12:15pm)	Compassion Fatigue: Caring for Yourself While Caring for Others (Bobbie Jo Sheridan, LBSW)	3 hours	Dubuque
Sat., Mar. 25, 2017 (1:15pm-4:30pm)	The Secret Life of Teenagers: What Caring Adults Need to Know (Bobbie Jo Sheridan, LBSW)	3 hours	Dubuque

SAVE THE DATE: IFAPA'S SPRING CONFERENCE (APRIL 7 & 8, 2017 - DES MOINES AIRPORT HOLIDAY INN)

TRAINING DESCRIPTIONS

Arrggg...What Can I Do With My Kids? The Power of Receptive Parenting Versus Reactive Parenting

This workshop presents a highly effective, collaborative model of parenting based on research in the field of Interpersonal Neurobiology as presented by Dan Siegel & Tina Payne-Bryson in their books "The Whole Brain Child" and "No Drama Discipline". This workshop teaches parents how to emotionally connect with their children in order to more effectively teach, problem-solve, and redirect behavior. Parents will also learn ways of teaching important skills to children including emotional regulation, perspective taking, and handling upsetting memories and feelings.

Calming the Trauma Storm - Part 1

Most people don't understand how hurt some of the children and adolescents can be when trauma has been such a big part of their past and present. They oftentimes blame it on the foster and adoptive parents and their ineffective parenting skills, especially the mom. This "trauma storm" that these kids can cause seems to suck people under, change families, triangulate people, and cause desperation. During this training, basic information about complex developmental trauma and children with attachment issues will be covered. The importance of the ACE's study and how it effects the entire child will be emphasized. The course will then shift into where the trauma storms can be and what can be done to lessen the power of the storm. The training will cover strategies that will help counteract the intensity, the frequency, and the duration of the "trauma storm".

Calming the Trauma Storm - Part 2

Part Two will go into more specific "do's and don'ts" when working with traumatized children and adolescents. Since strategies that were used on biological and other foster children don't seem to work, more effective ideas will be presented. Reactive Attachment Disorder will be covered since so many don't understand its power. Evidence based therapies which are designed to help complex traumatized and RAD children will be given. Then Part Two will shift into the importance of working with the school, making sure they are on board and how learning can be impaired. Most teachers have huge hearts and want to help, but they don't know the impact of the trauma storm.

Compassion Fatigue: Caring for Yourself While Caring for Others

Fatigue, burnout, and stress block us from providing the best care and love to those who

need it most. In this session we will learn about compassion fatigue and how to get our passion and purpose back! Participants will rediscover why they started in the first place and what motivates them to continue. During this session participants will engage in numerous activities that can be replicated in almost any setting. By the end of the session, participants will leave with concrete tools and resources to prevent and relieve compassion fatigue and stress.

Everything You Wanted to Know About Foster Parenting But Were Afraid to Ask

Whether you just finished your PS-MAPP course or have been a foster parent for years, questions about the nitty, gritty aspects of foster parenting always arise. Whether it is questions about navigating the system, licensing rules and regulations, what steps to take if you find yourself facing an allegation of abuse or questions about working with birth parents, having answers can extend placements and maintain calm in your home. This course focuses on the answers by providing up-to-date information through a trauma lens while providing participants with a deeper understanding of the reason behind the rules, everyday resources and ways to protect yourself and your home.

Foster Care Meets Mental Health: A Foster Parent Dilemma!

Do your foster children sometimes come with a diagnosis you do not understand or appear to have behaviors that no one has addressed? Have you ever had to send a child away because you didn't know what to do? Many children placed in the system are currently struggling with issues because of the trauma they have experienced. In this class we will review the basics of many diagnoses that are common. We will learn how to recognize the symptoms of mental health distress and suicide risk. We discuss how trauma effects children and look at how those symptoms are sometimes made worse by our reactions.

It's All Greek to Me! A Brief Overview of Learning Disorders

This course will provide information about how people with learning disorders learn differently than typical learners. A brief overview of reading disorders, mathematics disorders, disorders of written expression, and non-verbal learning disorders will be reviewed along with experiential exercises to give participants a greater understanding of each disorder. Information will include how diagnoses are obtained, getting interventions in place with schools and at home, and strategies for helping your learner.

The Secret Life of Teenagers: What Caring Adults Need to Know

Being a teenager is hard! We've all been there, we've all done it! But many aspects of being a teenager have changed as our world has changed. In this session we will look at various teenage trends and what we can do as adults to support the teens in our life. This session will look at everything from social media and pop culture to drug and alcohol trends. We will also look at sexting and bullying, nothing is off limits. During this session participants will not only learn more about teens, but ways to support teens, including setting ground rules around technology and getting involved at school. Participants will leave this session with tools and techniques to use with their own teens.

Why Don't Friends Come with Instruction Manuals?

"Just keep swimming. Just keep swimming." We tell our kids to keep trying; trying to make friends, trying to understand social rules, trying to handle new situations with peers. How can we help them negotiate the world of making friends and keeping friends when that doesn't come naturally to some people? This presentation will discuss socialization strategies with examples, collaborative brainstorming and therapeutic resources.

**VISIT THE IFAPA WEBSITE (IFAPA.ORG) TO
VIEW ALL OF THE TRAINING DESCRIPTIONS**

WEATHER-RELATED CLASS CANCELLATIONS

During bad weather, we try our best to avoid cancelling trainings. If the trainer is able to make it to the training location and the facility is open, IFAPA will still hold the class for those families that need to get their training hours completed. If you feel the weather is too dangerous to travel, please stay home and you can register for a different upcoming class. If a class needs to be cancelled, we will make every effort to notify all attendees of the cancellation via e-mail and text. IFAPA will also post cancellations on our website and Facebook page. If you would like to find out if any classes have been cancelled, you can also call (800-277-8145 ext. 2) and listen to our Training Coordinator's voicemail (Julie Clark-Albrecht) for details on any class cancellations.