FALL CONFERENCE

FOR FOSTER, ADOPTIVE AND KINSHIP PARENTS AND WORKERS

Friday & Saturday, October 16 & 17, 2015

Waterloo, Iowa
Five Sullivan Brothers Convention Center
CONFERENCE REGISTRATION
Participants have the option to register via mail or online. To register for this conference, please complete the registration form on page 15 and mail to IFAPA with a check or money order or visit the IFAPA website to pay by credit card. Phone registrations will not be accepted. This conference booklet and registration form can also be found online at www.ifapa.org. All registrations must be postmarked or dropped off at the office (office hours are 8am-4:30pm) by Friday, Oct. 2, 2015. A confirmation letter will be emailed to all registered participants the week of October 12, 2015. CANCELLATION REFUND DEADLINE IS FRIDAY, OCTOBER 2, 2015 - NO EXCEPTIONS.

EARLY REGISTRATION DRAWING
All conference registrations received by the early registration deadline (Friday, Sept. 4th) will be entered into a drawing to win a free registration. The winner will be notified prior to the conference.

CONFERENCE SCHEDULE
Please see page 14 for our conference schedule.

CHILD CARE
No children will be allowed in training sessions or during meals. The hotel and the convention center are two separate buildings. If you plan to bring your children with you, please be sure they are supervised at all times. IFAPA has worked hard to bring high quality speakers to this year’s conference. It is cost prohibitive for IFAPA to provide childcare, meals and/or planned activities for children during the conference. We know how important it is for you to be able to take time out for yourself and be able to give your full attention to the important topics being discussed in the training sessions without possible interruptions by children.

LUNCHEONS
A plated lunch is held each day of the conference and is included in the conference registration price. Please see our conference schedule on page 14 for the menu. If a vegetarian or gluten-free meal is needed, please specify on your registration form or notify IFAPA by October 2nd.
FIVE SULLIVAN BROTHERS
CONVENTION CENTER
200 West 4th Street, Waterloo

The conference will be held at the Five Sullivan Brothers Convention Center in Waterloo which is connected to the Ramada Hotel via skywalk. Parking is approximately $5 per day. Hotel guests can have their parking pass validated at time of check-out.

RAMADA HOTEL
205 West 4th Street, Waterloo
To make reservations, call: 319-233-7560

Hotel arrangements should be made directly with the Ramada Hotel (205 West 4th Street, Waterloo) by calling 319-233-7560. The conference room rates are $89.95 per night (taxes not included). To receive IFAPA’s Conference room rate at the Ramada for Thursday, Friday and/or Saturday night you must make your reservations NO LATER THAN FRIDAY, SEPT. 25TH. Please mention you are attending the IFAPA Conference. Only a limited number of rooms will be reserved for the IFAPA Conference so they are on a first-come, first-serve basis. Hotel reservations made after September 25th will be given the current room rate being offered by the hotel.
A1
Zeroing in on Your Child’s Emotional Age: Promote Peace by Meeting Your Child Right Where He Is!
Promote your child’s success by making parenting decisions based on the knowledge and understanding of his emotional age. In this workshop we will identify YOUR child’s emotional age! Then we will focus on using that knowledge to successfully put new cutting-edge tools and techniques in place that will help you decrease your child’s hard behaviors and help him be more successful in school or friendship situations. This workshop also reaches to the teen years with tools to be the “bridge” that enables your child to successfully manage the gap between his emotional and chronological age! 

Trainer: Stacy Manning, RN (Social Work CEUs)

A2
Black Belt Communication: The Next Level
This training identifies passive, passive/aggressive and aggressive communication styles. It explores the dysfunctional dance between them where any communication imbalance destroys relationships. Black belt communication is designed to help participants gain skill and balance in listening more open-heartedly and speaking more assertively. This course will help participants identify the differences between the three communication styles, decrease passive and/or aggressive communications and to practice using assertion to help heal conflicts.

Trainer: Jeff Cotton, MFT (Social Work CEUs)

A3
Making the Transition to Adulthood Smooth for Youth with Mental Illness
In this session we will focus on tips and tools to support your youth and yourself in making a smooth transition to adult services. We will share the benefits of a smooth transition, what to expect, and what to ask. We will share tools we use which incorporate Positive Behavior Supports to educate and teach the youth to identify what behaviors are not working and how to communicate their needs in a healthier way.

Trainers: Melissa Ahrens, Director of Care Coordination Services and Angela Wacker, Director of Integrated Services (Social Work CEUs)
SESSION B

FRIDAY
12:00pm-2:00pm

B1
But What Does Therapy Do? Demystifying The Therapy Process
This workshop will explain the therapeutic process based on different age
groups and address common questions about what happens in therapy
and what it is for. The workshop will also provide foster parents with
information on seeking a therapist, how to advocate for their child’s needs,
and how to best communicate with their child’s therapist. We will also
discuss professional boundaries therapists work under in regards to
confidentiality, access to records, and including family members in sessions.
Trainer: Rebecca Dickinson, LISW

B2
Ten Habits of Highly Successful Parents and Professionals
These habits are effective in not only forming healing connections with
children, but in simultaneously taking better care of themselves, as well. The
workshop is a wide-ranging smorgasbord of pertinent philosophies and
therapeutic strategies with an emphasis on critical communication skills and
self-awareness. It’s designed to be instantly practical in renewing the spirit of
parents and professionals as they face the challenges of better serving their
children. This course will help parents gain clarity about their own fear and
control issues, preferences and attachments as well as their shadow selves.
Trainer: Jeff Cotton, MFT (Social Work CEUs)

B3
Children, Teens & Technology: Going Beyond Texting & Facebook to Keep Your Family Safe!
GNOC, POC, IWSN?!? Tweet, Snap, Kik, Yik Yak?!? Are you familiar with all
these terms? If not, you should be! Children and teens use technology at
very high rates and many are not prepared for the consequences of using
technology. In this workshop we will dig in to the most popular social media
sites and apps that children and teens are using, we will also look at cyber
bullying and sexting. Parents will be given practical tools to keep their
children safe online and how to set up family technology policies.
Trainer: Bobbie Jo Sheridan (Social Work CEUs)
C1
Successful Separations Are Possible: Keep the Connection Even When You Can’t Be There!
Does your child struggle to stay in bed at bedtime? Are you always being called into school because of your child’s behavior? Would you like to be able to take just a couple of hours away for yourself without causing emotional anxiety and pain for your child? The KEY is to create and maintain a healing connection even when you can’t be there! This workshop will arm you with the knowledge and tons of tools to put in place immediately! Tools for a variety of settings and circumstances that create separations, how to avoid fall out and how to teach others to be an extension of you so your child can be successful! Trainer: Stacy Manning, RN (Social Work CEUs)

C2
The Astonishing Listening Training (No Kidding!)
The validation of children does not come so much from helping them, as it does hearing them. Most parents and professionals are engaged in fixing and advice-giving modes of helping which focus on what children need to hear from us… rather than what we need to hear, and receive, from them. This profound training is designed to immerse participants in the experience of listening with an ear towards 'being with', rather than 'doing for' children. This training will assist participants in recognizing key barriers to listening, illuminating the vast differences between open-ended and closed-ended questions and activating a child’s inner wisdom. As Karl Jung said, “Listening is the first act of love.” Trainer: Jeff Cotton, MFT (Social Work CEUs)

C3
Bullying: Identifying It and Doing Something About It
This multi-media presentation will help participants identify the basic elements of bullying behavior and provide strategies to address it. While learning a simple comparison between bullying behavior and teasing, participants will see video clip examples of the characteristics of individuals that bully others. Participants will experience the “power of words” through a touching story of a middle school student and see a video dramatization of the life of a bullied high school student. This mix of easy to understand concepts and video illustrations will culminate in some simple “do’s and don’ts” and identify some antidotes to help a student that may be targeted by bullying behavior. Trainer: Jim Pauly (Social Work CEUs)
D1
Neurodevelopmental Disorders: My Child Has What?
Together we will explore the new category of Neurodevelopmental Disorders in the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5). We will cover Intellectual Disabilities (formerly Mental Retardation), Communication Disorders, Autism Spectrum Disorders (formerly Pervasive Developmental Disorders and the subcategories), Attention-Deficit/Hyperactivity Disorder, Specific Learning Disorder, and Motor Disorders. We will discuss the criteria for these diagnoses and what this means for individuals who were diagnosed with DSM-4 TR. **Trainer: Joann Seeman Smith, PhD** (Social Work CEUs)

D2
Skillful Engagement with Crises
This training focuses on how to internally anchor yourself in non-crisis so that we approach those in fear without adding our own chaos to theirs. It demonstrates the overt power dynamics and the underlying clinical issues being acted-out by parents and professionals, as well as the children. This training helps use crises as “teachable moments” designed to strengthen the bond to children with fragile attachments, the importance of words in forging an alliance as well as ways to engage in respectful disagreement and to set clear boundaries. **Trainer: Jeff Cotton, MFT** (Social Work CEUs)

D3
Calming the Trauma Storm: What They Missed is What They Need
The behaviors often exhibited by children who have experienced trauma can be confusing and difficult to manage even for the most patient and loving parents and professionals. This workshop will help participants to unravel the complexity of the behaviors and begin to shift from seeing the behaviors as defiant/malicious/controlling to seeing the purpose behind the behaviors. Marty will show the importance and impact of the trauma monster and Darcie will give the participants a life changing approach to help families heal. This highly interactive workshop will make you wish time wasn’t up and craving more! **Trainers: Darcie Van Voorst & Marty Wallace, LMHC** (Social Work CEUs)

D4
CPR and First Aid: Part 1 of 2
Participants who are registering for CPR and First Aid must also register for part two of this course. **Trainer: Samantha Power**

CANCELLED
**E1**

**The Brain: Normal Development Verses Brain After Trauma**

In this session we will discuss normal brain development, from in utero through young adulthood, and examine the role that genetics and environment play in brain development. We will compare normal brain development with brain development of those who have experienced trauma, explore the structural changes that trauma can have on the brain, and the chemical and neuronal pathway changes that can occur. We will discuss what can be done for kids who have a brain that has developed through trauma. **Trainer: Joann Seeman Smith, PhD**  *(Social Work CEUs)*

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**E2**

**Activating the Best in Children**

Learning to help abused, vulnerable children mature into healthy, responsible human beings is a profoundly difficult challenge. It demands a true willingness on our parts to not just try and make them behave and make the “right” choices but, instead, to enter into more equal and healing partnerships with our children. This pragmatic, inspirational training will provide participants with the opportunity to help children become less externally focused, find ways to use misbehavior as a “teachable moment” and enter into deeper partnerships with children through use of interactive and co-authored decision making. **Trainer: Jeff Cotton, MFT**  *(Social Work CEUs)*

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**E3**

**Fostering Attachment Within Our Families to Build Connection, Effective Consequences and Restored Hope: Part I of 2**

(This is a two part course - participants must register for both courses. No exceptions will be granted) In this two part workshop, we will explore the effects of trauma on development, learn the connection between attachment and understanding consequences, and we will also learn practical, effective, and fun tools for fostering attachment within our families. We will delve more deeply into understanding the difference between punishment that increases difficulty with attachment and effective trauma-informed consequences that restore hope and dignity to the child. **Trainers: Lois Smidt & Krista McCalley**  *(Social Work CEUs)*

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**E4**

**CPR and First Aid: Part 2 of 2**

Participants must also register for session D4 – no exceptions will be granted. **Trainer: Samantha Power**
F1

Breaking Through:
Showing a Child They are More Than Their Behavior

In this session we will discuss ways to look past the emotional and behavioral struggles your children are having and ways to help them see they are more than how they are currently acting. It is so easy when a child is misbehaving to not be able to see past those behaviors to the inner person they are trying hard to protect. We will explore ways to not take their behavior and words personally and how to connect with them and help them to feel comfortable enough to show their vulnerable selves. We will discuss ways to move past children describing themselves as “I’m bad” and begin to describe themselves using specific characteristics.

Trainer: Joann Seeman Smith, PhD (Social Work CEUs)

F2

Burnout and Renewal: Internal Inoculation from External Pressure

Caregiver burnout is rampant in professions where it seems that no matter what we do, we can never get it done. Whether it is our children’s disturbing behaviors, our co-workers/spouses (and their disturbing behaviors) or the agency and state’s ever-shifting, never-ending demands... it seems that someone always wants more than we can give. This pragmatic and inspirational workshop is about thoughtfully cultivating the internal resources key to thriving (rather than just surviving) the ongoing chaos inherent in the helping act.

Trainer: Jeff Cotton, MFT (Social Work CEUs)

F3

Fostering Attachment Within our Families to Build Connection, Effective Consequences and Restored Hope: Part 2 of 2

(This is a two part course – participants must register for both courses. No exceptions will be granted) In this two part workshop, we will explore the effects of trauma on attachment and understand the connection between attachment and understanding consequences. We will learn practical, effective and fun tools that can be used in your homes and families. We will delve more deeply into understanding the difference between punishment that increases difficulty with attachment and effective trauma-informed consequences that restore hope and dignity to the child.

Trainers: Lois Smidt & Krista McCalley (Social Work CEUs)
Bobbie Jo Sheridan
Bobbie Jo is the Training & Education Coordinator for EyesOpenIowa. She has provided prevention services and education to various populations including at-risk and incarcerated youth, female inmates, parents, school administrators and college students. In addition to her full-time work, Bobbie Jo facilitates the Strengthen Families Program with ISU Extension and is Clover Kids Volunteer Leader. Bobbie Jo graduated from the University of Northern Iowa with a B.S. in Social Work and is currently pursuing a Master of Science in Health Education and Promotion from Walden University. Bobbie Jo also holds her social work license in the state of Iowa.

Darcie Van Voorst
Darcie has her degree in social work and has held positions as an in-home counselor, a tracking officer, and a school liaison officer; but it was adopting two older children from the foster care system that truly ignited her passion and understanding in helping children heal from trauma. Darcie was recently trained by Karen Purvis and her team at Texas Christian University in Trust Based Relational Interventions (TBRI) and now is a TBRI educator. From a professional and personal perspective, Darcie offers hope for healing by helping parents learn the life changing methods of TBRI.

Jeff Cotton, MFT
Jeff is a trainer with the National Foster Parent Association and has worked with children and families for 35 years. For the past 25 years, he’s conducted seminars for child care associations; including group homes, residential treatment programs, foster family agencies, and schools throughout the United States. He is the author of the training manual, “Skillful De-escalation with Children: Approaching Fear Without Fear” certified by the state of California for group homes and residential treatment programs.
Jim Pauly
Serving over 25 years in law enforcement, battling youth violence as a cop, coach, mentor, and foster parent, Jim has mentored more than 25 young men and spoken to thousands of youth in schools, churches and conferences across the United States. As the target of a school shooting prevented in 2004, Jim learned first-hand the importance of clear and consistent student threat assessment procedures and interventions. Jim developed Student Threat Assessment training in the Omaha Public Schools. Jim was also the first K9 officer to develop a school district-owned K9 program in the state of Nebraska. With a history of working with youth groups, diversion programs, and mentoring, Jim continues to research and examine youth culture with specific interest in school shooters and other teen killers.

Joann Seeman Smith, PhD
Dr. Joann Seeman Smith is a Licensed Mental Health Counselor who specializes in diagnosis, and treatment of children and adolescents with attention-deficit disorder, learning disabilities, autism spectrum disorders, behavior problems, depression, bipolar disorder, anxiety and adjustment difficulties due to abuse, bereavement, or divorce. In addition to standard short-term and traditional talk therapies, Dr. Seeman Smith has expertise in using play therapy approaches with children, teens and families, including children and families with attachment-based difficulties.

Krista McCalley
Krista is an alumni of care who advocates for the rights of all youth. She is well-versed in the needs of youth across the developmental spectrum. Since 2006, Krista has helped pass several laws within the state and federally. She travels nationally to educate foster parents, youth, and professionals of child welfare on key tools to transition and foster attachment with youth of all ages.
Lois Smidt
Lois is a seasoned practitioner and consultant in the world of community engagement. She has worked with individuals and agencies on connecting people who have survived trauma to healthy relationships and community for over 20 years. For the past 6 years, Lois has trained for IFAPA with co-trainer Krista McCalley.

Marty Wallace, LMHC
Marty is a registered play therapist supervisor, and attachment and trauma specialist. Marty works at the Creative Living Center in Rock Valley, Iowa where he is dedicated to working with traumatized and attachment questionable children, adolescents, and young adults. Marty has trained for IFAPA and is a well-known speaker in a three state area. He has trained with professionals who are considered world experts on trauma and attachment: Dr. Daniel Hughes, Arthur Becker Weidman, Bessel Vander Kolk, Dr. Greg Keck, Nancy Thomas, Howard Glassner, Peggy Pace, and Dr. Kent Hoffman. He was placed on the ATTACH.org’s list of qualified therapists in Iowa on trauma and attachment.

Melissa Ahrens, Director of Care Coordination Services and Angela Wacker, Director of Integrated Services
Community Support Advocate’s Knowledge Empowers Youth (KEY) Program provides wrap around mental health support services to young people, age 17 ½ to age 25, who have a mental illness. CSA’s Integrated Health Program (IHP) provides whole health care coordination services to young people, age 16-26, who have a mental illness. They partner with young people to assist them in developing the skills they need to be self-sufficient and to decrease their need for ongoing mental health services as an adult.
Rebecca Dickinson, LISW
Rebecca practices as a play therapist in Iowa City. Rebecca has previously worked in residential youth programs and overseas as a child protection social worker. Rebecca works with individuals and families with clients ranging from age two to adult with a variety of behavioral and emotional difficulties. Rebecca specializes in work with foster and adoptive children and is a former foster parent herself. She is currently working on her PhD in Social Work at the University of Iowa with a focus on Adlerian Play Therapy.

Stacy Manning, RN
Stacy is a Post-Adoption Family Coach and Educator. She and her husband are raising their six teenaged children; three adopted and three biological on a small hobby farm north of Minneapolis in Zimmerman, MN. Stacy created Hope Connections, LLC. in 2011. Her company provides support, family coaching sessions, educational workshops, sensory tools and a hands-on learning system designed by Stacy along with a monthly newsletter packed with helpful tidbits. Stacy specializes in empowering parents to be the healing force their child needs with education, support and most importantly tools to use in every-day life. Stacy shares her formula for success through her book Adoptive Parent Intentional Parent: A Formula for Building and Maintaining Your Child’s Safety Net.

SAVE THE DATE
IFAPA’S SPRING CONFERENCE
Friday & Saturday, April 8 & 9, 2016
Airport Holiday Inn & Convention Center
Des Moines, IA
## FRIDAY, OCTOBER 16

<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
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<tbody>
<tr>
<td>8:00am - 9:00am</td>
<td>Conference Registration</td>
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<tr>
<td>9:00am - 11:00am</td>
<td><strong>SESSION A WORKSHOPS</strong></td>
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<td></td>
<td>A1 - Zeroing in on Your Child’s Emotional Age: Promote Peace by Meeting Your Child Right Where He Is!</td>
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<td>A2 - Black Belt Communication: The Next Level</td>
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<td>A3 - Making the Transition to Adulthood Smooth for Youth With Mental Illness</td>
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<td>11:00am - 12:00pm</td>
<td>Luncheon (Sundried Tomato Chicken Pasta)</td>
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<td>12:00pm - 2:00pm</td>
<td><strong>SESSION B WORKSHOPS</strong></td>
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<td>B1 - But What Does Therapy Do? Demystifying The Therapy Process</td>
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<td>2:00pm-2:15pm</td>
<td>Afternoon Break</td>
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<td>2:15pm-4:15pm</td>
<td><strong>SESSION C WORKSHOPS</strong></td>
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<td>C1 - Successful Separations Are Possible: Keep the Connection Even When You Can’t Be There!</td>
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## SATURDAY, OCTOBER 17

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<td><strong>SESSION D WORKSHOPS</strong></td>
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<td>D1 - Neurodevelopmental Disorders: My Child Has What?</td>
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<td>D2 - Skillful Engagement with Crises</td>
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<td>D3 - Calming the Trauma Storm <strong>CLASS CANCELLED</strong></td>
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<td>D4 - CPR &amp; First Aid (part 1 of 2)</td>
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<td>11:00am - 12:00pm</td>
<td>Luncheon (Roasted Pork Loin)</td>
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<td>12:00pm - 2:00pm</td>
<td><strong>SESSION E WORKSHOPS</strong></td>
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<td>E1 - The Brain: Normal Development vs Brain after Trauma</td>
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<td>E2 - Activating the Best in Children</td>
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<td>E4 - CPR &amp; First Aid (part 2 of 2)</td>
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<td>2:00pm-2:15pm</td>
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<td>2:15pm-4:15pm</td>
<td><strong>SESSION F WORKSHOPS</strong></td>
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Workshop Choices - Class Size is Limited
Please specify your workshops preferences (i.e. A3) in the chart below:

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<thead>
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<th>Workshop Choices</th>
<th>Friday, October 16</th>
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<tbody>
<tr>
<td></td>
<td>Session A (9am-11am)</td>
<td>Session D (9am-11am)</td>
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<td></td>
<td>Session B (12pm-2pm)</td>
<td>Session E (12pm-2pm)</td>
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<td>Session C (2:15pm-4:15pm)</td>
<td>Session F (2:15pm-4:15pm)</td>
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1st Participant
A ___  B ___  C ___  D ___  E ___  F ___

2nd Participant
A ___  B ___  C ___  D ___  E ___  F ___

Special Meal Requests
(Special Meal Requests Needed by Oct. 2)

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<tbody>
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<td>2nd Participant</td>
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Type of Attendee

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ALL REGISTRATIONS MUST BE POSTMARKED OR DROPPED OFF AT THE IFAPA OFFICE BY FRIDAY, OCTOBER 2.
Methods of payment accepted are check, money order and credit cards (online only).
(CANCELLATION REFUND DEADLINE IS FRIDAY, OCTOBER 2, 2015 - NO EXCEPTIONS.) To register and pay online, please visit www.ifapa.org. If you have questions, please call 800-277-8145 ext. 1 or e-mail ifapa@ifapa.org. IFAPA will email a confirmation letter to attendees the week of October 12, 2015. If registering by mail, return this form with payment to: IFAPA (6864 NE 14th St., #5 - Ankeny, IA 50023)