

FALL 2015
TRAININGS
 FOR PARENTS AND WORKERS



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 and fall conferences and CPR & First Aid classes).

Classes that are approved for Social Worker CEUs have been noted (*) next to the training dates below.

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

IT'S NOT ABOUT YOU!
 (TRAINING SERIES - 28 MODULES)

Parenting children with challenging behaviors requires practice and Patience. Learning new skills to parent children with challenging behaviors in a trauma informed way also requires practice and patience. Using a facilitated discussion format, courses in the *It's Not About You* series provide participants the opportunity to focus on a learning trauma informed parenting skills and strategies from an experienced facilitator as well as their peers. Each *It's Not About You* course addresses a different topic, consider attending them all! *Each training module course is approved for 2 hours of foster parent training credit*

NEW LOCATIONS • NEW TIMES

HELD ON A WEEK NIGHT IN THE FOLLOWING LOCATIONS:

- Essex
- Fort Dodge
- Grinnell
- Griswold
- Maquoketa
- Mt. Pleasant
- Oelwein
- Osceola
- Ottumwa
- Sheldon
- Spencer

WATCH FOR MORE DATES AND ADDITIONAL LOCATIONS IN 2016!

NORTHERN SERVICE AREA TRAININGS

VISIT THE IFAPA WEBSITE TO FIND TRAINING LOCATION DETAILS

Date & Time	Name of Training & Credit Hours	Location
Sat., Sept. 12, 2015 (1:15pm-5:30pm)	<u>CPR & First Aid</u> (To avoid late fees pay by Aug. 28) 4 hours	Mason City
Sat., Sept. 12, 2015 (9am-12:15pm)*	<u>Alakazam! Does It Take Magic to Create a Healthy Attachment with Children?</u> 3 hours	Waterloo
Sat., Sept. 12, 2015 (1:30pm-4:45pm)*	<u>Get the Real Hook Up: Teens and Technology</u> 3 hours	Waterloo
Sat., Sept. 19, 2015 (9am-4:30pm)*	<u>Domestic Minor Sex Trafficking and Its Impact on Children in Care</u> 6 hours	Fort Dodge
Sat., Sept. 19, 2015 (9am-12:15pm)*	<u>Time Management: Finding Balance with Work, Home and You</u> 3 hours	Waterloo
Sat., Sept. 19, 2015 (1:30pm-4:45pm)	<u>Friends 101: Teaching Your Kids How to Engage in Positive Relationships</u> 3 hours	Waterloo
Sat., Sept. 26, 2015 (9am-12:15pm)*	<u>Decoding the Mystery of ADHD</u> 3 hours	Marshalltown
Sat., Sept. 26, 2015 (1:30pm-4:45pm)*	<u>Worrywarts and How You Can Help Them: Anxiety in Children and Teens</u> 3 hours	Marshalltown
Mon., Oct. 12, 2015 (6pm-8pm)	<u>It's Not About You: Invisible Suitcase</u> 2 hours	Oelwein
Tues., Oct. 13, 2015 (6pm-8pm)	<u>It's Not About You: Invisible Suitcase</u> 2 hours	Fort Dodge
Fri., Oct. 16, 2015 (9am-4:15pm)*	IFAPA FALL CONFERENCE Registration deadline is Friday, Oct. 2 6 hours	Waterloo
Sat., Oct. 17, 2015 (9am-4:15pm)*	IFAPA FALL CONFERENCE Registration deadline is Friday, Oct. 2 6 hours	Waterloo
Sat., Nov. 7, 2015 (9am-4:30pm)*	<u>What Are You Trying to Tell Me? Responding to Troubling Behaviors</u> 6 hours	Mason City
Sat., Nov. 7, 2015 (9am-12:15pm)	<u>Mandatory Child Abuse Reporter Training</u> 3 hours	Waterloo
Sat., Nov. 7, 2015 (1:15pm-5:30pm)	<u>CPR & First Aid</u> (To avoid late fees pay by Oct. 23) 4 hours	Waterloo
Sat., Nov. 14, 2015 (9am-12:15pm)	<u>Is Mental Health Puzzling You?</u> 3 hours	Fort Dodge
Sat., Nov. 14, 2015 (1:30pm-4:45pm)	<u>Doctors Speak a Foreign Language</u> 3 hours	Fort Dodge
Sat., Nov. 21, 2015 (9am-12:15pm)	<u>Everything You Wanted to Know About Foster Parenting But Were Afraid to Ask</u> 3 hours	Waterloo
Sat., Nov. 21, 2015 (1:30pm-4:45pm)*	<u>When Old Parenting Strategies Don't Work! Help Us Please!</u> 3 hours	Waterloo

WESTERN SERVICE AREA TRAININGS

VISIT THE IFAPA WEBSITE TO FIND TRAINING LOCATION DETAILS

Date & Time	Name of Training & Credit Hours	Location
Sat., Sept. 12, 2015 (1:30pm-4:45pm) *	Hope for Healing: Trust Based Relational Intervention 3 hours	Council Bluffs
Sat., Sept. 12, 2015 (9am-12:15pm)	Mandatory Child Abuse Reporter Training 3 hours	Sioux City
Sat., Sept. 12, 2015 (1:15pm-5:30pm)	CPR & First Aid (To avoid late fees pay by Aug. 28) 4 hours	Sioux City
Thurs., Sept. 17, 2015 (6pm-8pm)	It's Not About You: Invisible Suitcase 2 hours	Sheldon
Sat., Sept. 19, 2015 (1:30pm-4:45pm)	When Old Parenting Strategies Don't Work! Help Us Please! 3 hours	Council Bluffs
Sat., Sept. 19, 2015 (9am-4:30pm) *	Utilizing the NURTURED HEART APPROACH in Helping Children with Challenging Behaviors 6 hours	Sioux City
Thurs., Sept. 24, 2015 (6:30pm-8:30pm)	It's Not About You: Invisible Suitcase 2 hours	Essex
Thurs., Sept. 24, 2015 (6pm-8pm)	It's Not About You: Invisible Suitcase 2 hours	Spencer
Sat., Sept. 26, 2015 (9am-4:30pm)	Working with Birth Families 6 hours	Council Bluffs
Sat., Sept. 26, 2015 (9am-12:15pm) *	How to Organize Time and Paperwork While Raising Kids with Special Needs 3 hours	Sioux City
Sat., Sept. 26, 2015 (1:30pm-4:45pm) *	A Guide to Childhood Trauma in Kids with Special Needs 3 hours	Sioux City
Sat., Oct. 3, 2015 (9am-4:30pm) *	Through the Looking Glass: Life through the Filter of Personality Disorders 6 hours	Council Bluffs
Sat., Oct. 10, 2015 (9am-12:15pm)	Mandatory Child Abuse Reporter Training 3 hours	Council Bluffs
Sat., Oct. 10, 2015 (1:15pm-5:30pm)	CPR & First Aid (To avoid late fees pay by Sept. 25) 4 hours	Council Bluffs
Sat., Oct. 10, 2015 (9am-12:15pm) *	How to Talk So Everyone Will Listen 3 hours	Sioux City
Sat., Oct. 10, 2015 (1:30pm-4:45pm) *	Working Through Anger 3 hours	Sioux City
Thurs., Oct. 15, 2015 (6:30pm-8:30pm)	It's Not About You: Re-Packing the Suitcase 2 hours	Sheldon
Thurs., Oct. 22, 2015 (6pm-8pm)	It's Not About You: Lying 2 hours	Spencer
Sat., Oct. 24, 2015 (9am-12:15pm) *	I Won't Do It & You Can't Make Me! ODD in Kids and Teens 3 hours	Sioux City
Sat., Oct. 24, 2015 (1:30pm-4:45pm) *	Psychotherapy 101: What Therapy Is & What to Know to Help Your Child 3 hours	Sioux City
Thurs., Nov. 5, 2015 (6:30pm-8:30pm)	It's Not About You: Fear and the Cognitive Triangle 2 hours	Griswold
Sat., Nov. 7, 2015 (9am-4:30pm) *	Helping Children Heal from the Double Trauma of Sexual Abuse & Placement 6 hours	Council Bluffs
Sat., Nov. 7, 2015 (9am-12:15pm) *	How to Talk So Everyone Will Listen 3 hours	Denison
Sat., Nov. 7, 2015 (1:30pm-4:45pm) *	Working through Anger 3 hours	Denison
Sat., Nov. 7, 2015 (9am-12:15pm)	Everything You Wanted to Know About Foster Parenting But Were Afraid to Ask 3 hours	Sioux City
Sat., Nov. 7, 2015 (1:30pm-4:45pm) *	Hope for Healing: Trust Based Relational Intervention 3 hours	Sioux City
Sat., Nov. 14, 2015 (9am-12:15pm)	Mandatory Child Abuse Reporter Training 3 hours	Sioux City
Sat., Nov. 14, 2015 (1:15pm-5:30pm)	CPR & First Aid (To avoid late fees pay by Oct. 30) 4 hours	Sioux City
Thurs., Nov. 19, 2015 (6:30pm-8:30pm)	It's Not About You: Re-Packing the Suitcase 2 hours	Essex
Thurs., Nov. 19, 2015 (6:30pm-8:30pm)	It's Not About You: Managing Anger 2 hours	Sheldon
Sat., Nov. 21, 2015 (9am-12:15pm) *	Decoding the Mystery of ADHD 3 hours	Council Bluffs
Sat., Nov. 21, 2015 (1:30pm-4:45pm) *	Worrywarts: Anxiety Disorders in Children & Teens 3 hours	Council Bluffs
Tues., Nov. 24, 2015 (6pm-8pm)	It's Not About You: Discipline Verses Consequence 2 hours	Spencer

DES MOINES SERVICE AREA TRAININGS

VISIT THE IFAPA WEBSITE TO FIND TRAINING LOCATION DETAILS

Date & Time	Name of Training & Credit Hours	Location
Sat., Sept. 12, 2015 (9am-12:15pm) *	Grrr...I am Just So Mad: Helping Young Children Deal with Their Anger 3 hours	Ames
Sat., Sept. 12, 2015 (1:15pm-5:30pm)	CPR & First Aid (To avoid late fees pay by Aug. 28) 4 hours	Ames
Sat., Sept. 19, 2015 (9am-12:15pm) *	Building Relationships Through Play 3 hours	Ankeny
Sat., Sept. 19, 2015 (1:30pm-4:45pm)	But What Does Therapy Do? Demystifying the Therapy Process 3 hours	Ankeny
Sat., Sept. 26, 2015 (9am-4:30pm) *	Get Me Off This Roller Coaster: Coping Skills for Emotional Intensity Issues 6 hours	Ankeny
Sat., Oct. 3, 2015 (9am-12:15pm)	Mandatory Child Abuse Reporter Training 3 hours	Ankeny
Sat., Oct. 3, 2015 (1:15pm-5:30pm)	CPR & First Aid (To avoid late fees pay by Sept. 18) 4 hours	Ankeny

DES MOINES SERVICE AREA TRAININGS

VISIT THE IFAPA WEBSITE TO FIND TRAINING LOCATION DETAILS

Date & Time	Name of Training & Credit Hours	Location
Thurs., Oct. 8, 2015 (6pm-8pm)	It's Not About You - Invisible Suitcase 2 hours	Osceola
Sat., Oct. 24, 2015 (9am-4:30pm)*	Utilizing the NURTURED HEART APPROACH in Helping Children with Challenging Behaviors 6 hours	Ames
Sat., Nov. 7, 2015 (9am-12:15pm)*	Facilitating Attachment in Foster and Adopted Children 3 hours	Ankeny
Sat., Nov. 7, 2015 (1:30pm-4:45pm)*	The Good Enough Parent: Promoting Mental Health in Young Children 3 hours	Ankeny
Sat., Nov. 14, 2015 (9am-4:30pm)*	Domestic Minor Sex Trafficking and Its Impact on Children in Care 6 hours	Ankeny
Sat., Nov. 21, 2015 (9am-12:15pm)	Mandatory Child Abuse Reporter Training 3 hours	Ankeny
Sat., Nov. 21, 2015 (1:15pm-5:30pm)	CPR & First Aid (To avoid late fees pay by Nov. 6) 4 hours	Ankeny

CEDAR RAPIDS SERVICE AREA TRAININGS

VISIT THE IFAPA WEBSITE TO FIND TRAINING LOCATION DETAILS

Date & Time	Name of Training & Credit Hours	Location
Sat., Sept. 12, 2015 (9am-4:30pm)*	What Are You Trying to Tell Me? Responding to Troubling Behaviors 6 hours	Cedar Rapids
Tues., Sept. 15, 2015 (6pm-8pm)	It's Not About You: Back to School 2 hours	Ottumwa
Sat., Sept. 26, 2015 (9am-12:15pm)	How to Talk So Everyone Will Listen 3 hours	Cedar Rapids
Sat., Sept. 26, 2015 (1:30pm-4:45pm)	Working Through Anger 3 hours	Cedar Rapids
Tues., Sept. 29, 2015 (6pm-8pm)	It's Not About You: Loss and Abandonment 2 hours	Grinnell
Sat., Oct. 3, 2015 (9am-4:30pm)*	Domestic Minor Sex Trafficking and Its Impact on Children in Care 6 hours	Cedar Rapids
Sat., Oct. 24, 2015 (9am-12:15pm)	Mandatory Child Abuse Reporter Training 3 hours	Cedar Rapids
Sat., Oct. 24, 2015 (1:15pm-5:30pm)	CPR & First Aid (To avoid late fees pay by Oct. 9) 4 hours	Cedar Rapids
Sat., Nov. 7, 2015 (9am-12:15pm)*	Attachment - What Does It Mean? 3 hours	Cedar Rapids
Sat., Nov. 7, 2015 (1:30pm-4:45pm)*	Alakazam! Does It Take Magic to Create a Healthy Attachment with Children? 3 hours	Cedar Rapids
Sat., Nov. 7, 2015 (9am-12:15pm)*	I Won't Do It & You Can't Make Me! ODD in Kids and Teens 3 hours	Ottumwa
Sat., Nov. 7, 2015 (1:30pm-4:45pm)*	Psychotherapy 101: What Therapy Is & What to Know to Help Your Child 3 hours	Ottumwa
Sat., Nov. 14, 2015 (9am-12:15pm)*	Friends 101: Teaching Your Kids How to Engage in Positive Relationships 3 hours	Cedar Rapids
Sat., Nov. 14, 2015 (1:30pm-4:45pm)*	Making Time for Yourself: It Is Not Selfish...It's Survival 3 hours	Cedar Rapids
Sat., Nov. 21, 2015 (9am-12:15pm)*	Generations Next 2.0: Media and Technology 3 hours	Cedar Rapids
Sat., Nov. 21, 2015 (1:30pm-4:45pm)*	Generations Next 2.0: Through the Looking Glass - Drugs and Alcohol 3 hours	Cedar Rapids

EASTERN SERVICE AREA TRAININGS

VISIT THE IFAPA WEBSITE TO FIND TRAINING LOCATION DETAILS

Date & Time	Name of Training & Credit Hours	Location
Sat., Sept. 12, 2015 (9am-4:30pm)*	Utilizing the NURTURED HEART APPROACH in Helping Children with Challenging Behaviors 6 hours	Davenport
Sat., Sept. 12, 2015 (1:30pm-4:45pm)	Bullying - What's a Parent to Do? 3 hours	Mt. Pleasant
Sat., Sept. 19, 2015 (8am-12:15pm)	CPR & First Aid (To avoid late fees pay by Sept. 4) 4 hours	Davenport
Sat., Sept. 19, 2015 (1:30pm-4:45pm)	Mandatory Child Abuse Reporter Training 3 hours	Davenport
Sat., Oct. 3, 2015 (9am-12:15pm)*	Attachment: What Does It Mean? 3 hours	Clinton
Sat., Oct. 3, 2015 (1:30pm-4:45pm)*	Alakazam! Does It Take Magic to Create a Healthy Attachment with Children? 3 hours	Clinton
Tues., Oct. 6, 2015 (6pm-8pm)	It's Not About You: Invisible Suitcase 2 hours	Maquoketa
Tues., Oct. 20, 2015 (6pm-8pm)	It's Not About You: Attitudes and Success in School 2 hours	Mt. Pleasant
Sat., Oct. 24, 2015 (9am-4:30pm)*	Dangerous Playgrounds: Drug Awareness and Trends 6 hours	Davenport
Sat., Nov. 7, 2015 (9am-12:15pm)*	How to Organize Time & Paperwork While Raising Kids with Special Needs 3 hours	Davenport
Sat., Nov. 7, 2015 (1:30pm-4:45pm)*	A Guide to Childhood Developmental Trauma in Kids with Special Needs 3 hours	Davenport
Sat., Nov. 14, 2015 (9am-4:30pm)*	I Don't Get It: Learning Disorders 6 hours	Davenport
Sat., Nov. 21, 2015 (9am-12:15pm)	Communicating with Your Child Through Play 3 hours	Burlington
Sat., Nov. 21, 2015 (1:30pm-4:45pm)	But What Does Therapy Do? Demystifying the Therapy Process 3 hours	Burlington
Sat., Nov. 21, 2015 (1:15pm-5:30pm)	CPR & First Aid (To avoid late fees pay by Nov. 6) 4 hours	Davenport

TRAINING DESCRIPTIONS

A Guide to Childhood Developmental Trauma in Kids with Special Needs

PTSD is a reality for kids with special needs in foster care. To advocate effectively on their behalf, foster and adoptive parents must understand how trauma affects children throughout their lives. This workshop debunks popular myths about childhood trauma, examines the connection between it and other mental disorders, and discusses how trauma affects children's brains. It also examines causes and symptoms of PTSD and reviews effective methods for treatment and prevention. Participants receive an extensive resource list and are encouraged to participate in the question and answer period at the end. (Jolene Philo)

Alakazam! – Does it Take Magic to Create A Healthy, Positive Attachment with Foster and Adoptive Children?

Secure, healthy, positive attachment is what we all strive for with our children; however, this can sometimes feel like an elusive relationship. We will discuss activities and interactions that you can engage in with your child or teenager to create that relationship. These activities and interactions will revolve around four categories that help to heal past relationship scars and build trust and love. (Joann Seeman Smith, Ph.D.)

Attachment - What Does It Really Mean?

The word attachment is thrown out a lot in the foster care system; however, it is often misunderstood. We will discuss what attachment is and the different kinds of attachment, discuss Reactive Attachment Disorder (RAD), other attachment issues and finally explore the

process by which attachment is created. (Joann Seeman Smith, Ph.D.)

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. (Bambi Schrader)

How to Talk So Everyone Will Listen

Talking, listening and setting effective boundaries are essential skills for parents. This type of communication becomes even more valuable when the parent is dealing with individuals who have experienced significant emotional trauma. Participants will learn communication skills and ways to provide consequences relevant to the behavior. (Christy Meyer)

Utilizing the NURTURED HEART APPROACH in Helping Children with Challenging Behaviors

The Nurtured Heart Approach® is a set of core methodologies originally developed for working with the most difficult child or teen. It has a proven, transformative impact on every child, including those with behavioral diagnosis such as ADHD, Autism, Asperger's Syndrome, Oppositional Defiant Disorder, and Reactive Attachment Disorder – almost always without the need for medications or long-term treatment. Parents will discover how easy it is to not only improve their situation with a challenging or difficult child, but to transform the child through

the awareness that their intensity is actually the source of their greatness. (Kim Combes, M. Ed.)

When Old Parenting Strategies Don't Work! Help Us Please!

This workshop will provide different ways to parent attachment difficult and traumatized children, adolescents, and young adults. It will look at basic information, therapeutic parenting techniques, the ACES survey and how it affects children, setting up therapeutic respite, working with biological children, the importance of the alliance between mom and dad, how to balance nurturing and structuring, and new information on testing your child. (Marty Wallace, LMHC)

Working Through Anger

This workshop will help you understand how anger and experiences are related and provide insight to things that may be triggering your child to have angry feelings. We will identify the beliefs that your child or you may hold in your invisible suitcase which contribute to negative reactions toward others. This course will provide concrete, trauma-informed ways to work toward developing the skills necessary to help a child de-escalate his/her anger. (Christy Meyer)

VISIT OUR WEBSITE

To find the full list of class descriptions.

PLEASE NOTE:

IFAPA will not be offering any trainings during the month of December.

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).