

IFAPA TRAINING

for foster, adoptive and kinship parents and workers

Counteracting the Effects of Disrupted Attachment with Love, Attunement & Play

Most children in foster care or who have been adopted have experienced disrupted attachment and/or early trauma. Understanding the long term effects of these early experiences can help you look beyond your children's challenging behaviors. Learn how to calm the storm - theirs and yours - set boundaries and more effective consequences, and use love, attunement and play to create a more connected family.

Approved for 6 Hours of Foster Parent Credit

About the Trainer:

Dorothy Lifka, LISW

Dorothy Lifka is a licensed independent social worker. She has a Masters of Science from Wheelock Graduate School in Early Childhood Special Education, a Masters of Social Work from the University of Iowa, and a Doctorate in Education from the University of South Dakota. Dorothy has worked with children and families for more than thirty years as a teacher and therapist. She has been trained in dyadic therapy, attachment therapy, trauma focused cognitive behavioral therapy, and filial therapy and works from a trauma informed perspective. Dorothy has worked with culturally diverse populations. She is an adjunct instructor at Des Moines Community College and has also taught at Tufts University, Wheelock Graduate School and Western Iowa Technical Community College. She has taught classes for Child Care Resource and Referral and presented workshops and trainings on a variety of mental health topics.



HOW TO REGISTER FOR THIS CLASS

REGISTER VIA PHONE

Call 800-277-8145 ext. 1 or 515-289-4567 ext. 1

REGISTER ON OUR WEBSITE

To sign-up for a class through our website, [complete our registration form](#). IFAPA will follow-up within two business days to confirm your enrollment.

