



IFAPA TRAINING

Hoarding, Restricting and Overeating, Oh My! Helping Kids Develop a Healthy Relationship with Food

(6 hrs credit) - Food is fundamental to life; it sustains, gives energy, and helps connect people socially and culturally. In this training, Emily will explore why focusing on food is so important when it comes to foster and adopted children ages 5-12. This training will look in detail at what happens both physically and mentally to children in the womb, during infancy and in childhood when food was restricted, inconsistently provided, and/or proper nutrition was neglected. Emily will discuss food related issues that are commonly seen in foster and adopted kids, such as hoarding, restricting, and overeating. Incorporated into this training are practical tips on what meals and snack times can look like including how food is purchased, prepared, served and stored. A healthy relationship with food will be clearly defined as food can help facilitate healing for foster and adopted children.

Trainer: Emily Childress, MA, LMFT

Emily is a licensed Marital and Family Therapist who works with children, adolescence, adults, and families. She has special interest in treating anxiety, grief/loss, phobias, and issues pertaining to trauma including posttraumatic stress disorder (PTSD) and dissociative disorders. She is trained in Eye Movement Desensitization and Reprocessing (EMDR), which is an effective therapy for treating PTSD. Emily utilizes EMDR with children and adults to assist them in processing difficult memories so that they can discover how to feel safe, secure, and develop a stronger sense of self-worth.

HOW TO REGISTER FOR A CLASS

REGISTER VIA PHONE

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

REGISTER ON OUR WEBSITE

To sign-up for training class through our website, complete our online registration form: www.ifapa.org/training/training_registration_form.asp. IFAPA will follow-up within two business days to confirm your enrollment in the class.