

# IFAPA TRAININGS

for foster, adoptive and kinship parents

## 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* module addresses a different topic, consider attending them all!**

**EACH MODULE IS APPROVED FOR 2 HOURS  
OF FOSTER PARENT TRAINING CREDIT**

*These modules are presented by a variety of IFAPA trainers at support groups throughout Iowa.*



### 28 Module Topics:

- Invisible Suitcase
- Attitudes & Success in School - Communication
- How to Manage Anger - At Home & with an Audience
- PART 2 How to Manage Anger - At Home & with an Audience
- Surviving Holidays - Emotional Container
- Yelling & Disrespectful Behaviors
- Discussing Trauma in Perspective with our Kids
- Summer Transition
- Back to School Transition
- Signs & Symptoms of Trauma in School Aged Kids
- De-escalating & Managing Difficult Behaviors
- Discipline vs Consequences
- PART2 Discipline vs Consequences
- Working with Birth Parents
- Psychotropic Medication
- Managing Behaviors
- Leaving Foster Care
- Sparks & Resiliency
- Traumatic Grief
- Taking Care of Babies & Little Ones
- Teen Life Skills
- Signs & Symptoms of Trauma in School Age Children
- Re-Packing the Suitcase
- Re-Packing the Suitcase – Trust & Motivation
- Re-Packing the Suitcase – Power & Nonverbal Communication
- Fear and the Cognitive Triangle
- Loss & Abandonment
- Lying