

# IFAPA TRAINING

for foster, adoptive and kinship parents and workers

## Psychotherapy 101: What Therapy Is, How it Works, and What You Need to Know About It to Help Your Child

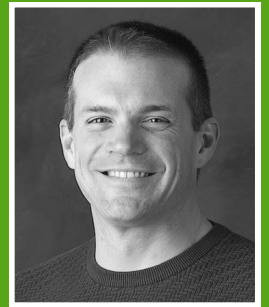
This course will describe a variety of empirically supported therapy approaches for children, teens, and families and will outline the general stages of therapy with children and teens. Parents will also have the opportunity to learn and practice methods of addressing the following questions: How do I find a therapist for my child?, How do I know if a therapist is the right fit for my child?, How do I know if my child is receiving the most effective therapy?, What kind of involvement can I have in my child's therapy and how do I know if they're progressing?, and How do I talk to my child's therapist when I have questions or concerns?" (Warren Phillips, PhD)

**Approved for 3 Hours of Foster Parent Credit**

## About the Trainer:

Warren Phillips, Ph.D.

Warren is a Licensed Psychologist and owner of Central Iowa Psychological Services, a group psychological practice with locations in Ames and West Des



Moines, Iowa. Warren is also a Senior Lecturer and clinical supervisor in the Department of Psychology at Iowa State University. His areas of specialty include working with children, adolescents, and adults who have numerous neuro-biological disorders including attention-deficit disorder, learning disabilities, bipolar disorder, autism-spectrum disorders, and obsessive-compulsive disorders.

## 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.

