



IFAPA TRAINING

How to Talk So Kids Will Listen and Listen So Kids Will Talk

(3 hrs credit) - Communication is essential for positive supportive relationships. When parents can help children identify and express their feelings; the child is more likely to learn to manage his/her feelings effectively. When a child develops the skills to express him/herself appropriately all communication even difficult communication becomes easier. 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.

Trainer: Christy Meyer

Christy Meyer is a retired mental health professional who has 14 years of experience working with foster children, foster parents and their families. She has taught parenting classes, substance abuse classes and designed a course called "Connect the Dots" which helps individuals connect their emotional experiences to their personal choices and behavior. Christy has been a foster parent of 11 at risk teens. She has extensive experience working with at risk youth and their families. She was the lead therapist in a whole family foster care experience which successfully reunited 6 children and their parents. She has experience working helping foster parents and biological parents work cooperatively for the best outcome for the child. Christy has a passion for improving communication and boundary setting with children by improving listening and understanding. She understands there is a strong need to help children identify and articulate their feelings. If a child feels safe and understood that child is able to improve his ability to trust which is a key part of developing healthy coping skills.

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.