

IFAPA TRAINING

for foster, adoptive and kinship parents and workers

Working Through Anger

This workshop will help you understand how anger and experiences are related and provide insight to things that may be triggering your child to have angry feelings. We will identify the beliefs that your child or you may hold in your invisible suitcase which contribute to negative reactions toward others. This course will provide concrete, trauma-informed ways to work toward developing the skills necessary to help a child de-escalate his/her anger.

Approved for 3 Hours of Foster Parent Credit

About the 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. 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 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.

