

# IFAPA TRAINING

for foster, adoptive and kinship parents and workers

## But What Does Therapy Do? Demystifying the Therapy Process

This class explains the therapeutic process based on different age groups and addresses common questions about what happens in therapy and what it is for. Rebecca will provide parents with information on seeking a therapist, how to advocate for their child's needs, and how to best communicate with their child's therapist. She will also address information such as professional boundaries therapists work under in regards to confidentiality, access to records, and including family in sessions.

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

## About the Trainer:

Rebecca Dickinson, LISW

Rebecca Dickinson is a Licensed Independent Social Worker and has a Master's Degree in Social Work. She is currently a Mental Health Therapist at Family Systems in Iowa



City, where she provides outpatient therapy services to individuals (age 2 & up), couples, and families. Rebecca has experience working in Remedial Services (now called BHIS), day treatment programs, and a residential group facility as well as has practiced in England as a child protection social worker in a hospital setting. In addition to being a trainer for IFAPA, Rebecca has taught courses at the college level. Rebecca is also a licensed foster parent.

## 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.

