

# IFAPA TRAINING

for foster, adoptive and kinship parents and workers

## How to Talk So Everyone Will Listen

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. Participants will learn communication skills and ways to provide consequences relevant to the behavior.

**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.

