

IFAPA TRAINING

for foster, adoptive and kinship parents and workers

Connect the Dots: Emotions to Behaviors

The children who enter your home may have experienced serious trauma. While their behavior will often give you clues about what has happened sometimes this is difficult to understand and more difficult to manage. Connect the Dots is a class to help parents understand the connections between the behaviors you see and the emotions your child may be feeling. Using audio visuals, audience participation, real life vignettes and personal experiences, Christy helps the audience develop an understanding of how our experiences frame our choices and how our emotions affect our 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. 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 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 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.

