

IFAPA TRAINING

for foster, adoptive and kinship parents and workers

ACT On Your Stress: Stress Management for Foster and Adoptive Parents Using Acceptance & Commitment Training

This workshop helps caregivers learn ways of managing their own stress experienced as part of being a foster and adoptive parent. Numerous factors can lead to stress for foster and adoptive parents (e.g., birth families, school systems, DHS, etc.) as well as balancing the demands of parenting children with special needs with work-life, family life, couple's relationships, and self-care. All of these factors can lead to Compassion Fatigue and impact our joy in life. Acceptance and Commitment Training (ACT) is an approach that can help us identify what is important and meaningful in life, let go of our stress and practice living in and enjoying all that life has to offer. While the emphasis will be on teaching caregivers methods of identifying and managing their own stress, ways that these methods can be taught to and practiced with children in their home will be highlighted also.

Approved for 6 Hours of Foster Parent Credit

About the Trainer:

Warren Phillips, Ph.D.

Warren is a Licensed Psychologist and owner of Central Iowa Psychological Services, a group psychological practice with locations in Ames and West Des



Moines, Iowa. Warren is also a Senior Lecturer and clinical supervisor in the Department of Psychology at Iowa State University. His areas of specialty include working with children, adolescents, and adults who have numerous neuro-biological disorders including attention-deficit disorder, learning disabilities, bipolar disorder, autism-spectrum disorders, and obsessive-compulsive disorders.

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.

