

IFAPA TRAINING

for foster, adoptive and kinship parents and workers

Get Me Off This Roller Coaster: Coping Skills for Emotional Intensity Issues

Emotional intensity disorders, particularly Borderline Personality Disorder (BPD), are unique both in their diagnosis as well as in the manifestations of behaviors that accompany them. Also unique is Dialectical Behavior Therapy (DBT), which is an evidence-based therapy for Borderline Personality Disorder. This course will provide participants with an overview of DBT skills, strategies for mindfulness as well as ways to validate others. Emotion regulation skills and interpersonal effectiveness skills will be taught as well.

Approved for 6 Hours of Foster Parent Credit

About the Trainer:

Summer Brunscheen, Ph.D.

Dr. Summer Brunscheen is an Iowa native and received her B.S., M.S., and Ph.D. in Counseling Psychology from Iowa State University. She is a Licensed Psychologist who has been working at Central Iowa Psychological Services in Ames since 2002 providing individual psychotherapy and psychological evaluations for children as young as 4 years old, adolescents, and adults, using an integrative theoretical orientation. Dr. Brunscheen works collaboratively with individuals and their families on a variety of presenting concerns including adjustment & transition issues, emotional intensity disorders, ADHD, autism spectrum issues, learning disorders, behavior disorders, & mood disorders. Dr. Brunscheen is a strong proponent of bridging health care services across providers and school/work settings, having worked in a college student health center, hospital, community mental health center, and middle schools/high schools during her career. She has also taught for ISU as a lecturer and enjoys conducting presentations for school districts, DHS, and other organizations around the state.



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.

