

# IFAPA TRAINING

for foster, adoptive and kinship parents and workers

## The Grieving Process—How to Help You & Your Kids Heal

Throughout our lives we have all experienced physical pain and injury. We accept this as part of life. When we've experienced these injuries we also accept that there is a healing process involved that is normal and necessary in order for us to be able to effectively return to our everyday responsibilities. What many of us forget at times is that this same healing process is necessary any time we have experienced a loss on an emotional level. Not grieving is equivalent to not allowing your body to heal after major physical trauma or injury. Similar to other emotional difficulties in life, though, we tend to minimize the importance of the grieving process and this can result in anger, bitterness, resentment, depression, and anxiety that can negatively impact one's life. The purpose of this workshop is to help participants understand the grieving process and how to help children, adolescents, and adults heal emotionally from loss in a healthy manner.

**Approved for 6 Hours of Foster Parent Credit**

## About the Trainer:

**Dr. Matthew Hiveley**

Dr. Matt Hiveley has earned bachelor's degrees in Psychology and Sociology, a master's degree in Counselor Education (agency track), and a Ph.D.



in Human Development & Family Studies, specializing in Couple & Family Therapy. He is a Licensed Mental Health Counselor and a Couple & Family Therapist who has over 12 years of experience working as a therapist/counselor in various settings with children, adolescents, adults, couples, and families.

Dr. Matt Hiveley specializes in the areas of relationships, communication, general parenting, adolescent concerns, foster parent/adoption issues, separation/divorce, grief/loss, self-esteem, anger management, stress management, depression, anxiety, panic, phobias, obsessive-compulsive behaviors, and adult symptoms of Attention-Deficit Disorder (ADD).

## 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.aspx](http://www.ifapa.org/training/training-registration-form.aspx). IFAPA will follow-up within two business days to confirm your enrollment in the class.

