

# IFAPA TRAINING

for foster, adoptive and kinship parents and workers

## You Can't Push My Buttons Anymore: Resolving Your Own Trauma so You Can Effectively Parent Traumatized Children

All of us carry unresolved trauma from childhood into our adult lives. This workshop begins with a look at recent research about how a parent's mental health impacts children and how early memories are formed. It then explores the components of the Instinctual Trauma Response model to explain how and why children and adults respond to unresolved trauma (aka: hot button issues). This information is correlated to the parts of the brain involved in responses to trauma. The rest of our time will be spent exploring ways to prevent ruptures in parent/child relationships, ways to repair ruptures when they occur, ways for parents to practice self-care, and when to seek professional help.

**Approved for 3 Hours of Foster Parent Credit**

## About the Trainer:

### Jolene Philo

Jolene parented a child who lived with PTSD for over 25 years and accompanied him during successful treatment for PTSD rooted in early,



invasive medical procedures. Philo is a former educator with 25 years of public school experience, and is the author of two books for parents of children with special needs.

## 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.

