

OCTOBER 30, 2018

## UPCOMING IFAPA TRAININGS:

**De-Mystifying Therapy:**

This class explains the therapeutic process based on different age groups and addresses common questions about what happens in therapy and what it is for. Rebecca will provide parents with information on seeking a therapist, how to advocate for their child's needs, and how to best communicate with their child's therapist. She will also address information such as professional boundaries therapists work under in regards to confidentiality, access to records, and including family in sessions. (Rebecca Dickinson) Approved for 3 hours of training credit

Sat., Nov. 3 (1:15—4:30 pm) - ANKENY (IFAPA Training Center)

Sat., Dec. 1 (1:15—4:30 pm) - CORALVILLE (Radisson Hotel)

**Grief and Loss:** Workshop Objectives:

- you will become more familiar with various emotional, psychological, and relational difficulties that can lead to feelings of pain and loss.
- you will gain greater insight and understanding of the grieving process.
- you will understand, learn, and be able to apply the five stages of grief.
- you will learn specific strategies and skills to help you and your children/adolescents to be able to heal from loss in a healthy manner.

Approved for 6 Hrs of Credit, Trainer: Matthew Hiveley, PhD

Sat., Dec. 1 (9am-4:30pm) - ANKENY (IFAPA Training Center)

**Emotional Roller Coaster:**

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. (Trainer: Summer Brunscheen, PhD) Approved for 3 hours of credit

Sat., Dec 15 (9am-12:15pm) - ANKENY (IFAPA Training Center)

**Why Don't Friends Come With Instruction Manuals?**

"Just keep swimming. Just keep swimming." We tell our kids to keep trying; trying to make friends, trying to understand social rules, trying to handle new situations with peers. How can we help them negotiate the world of making friends and keeping friends when that doesn't come naturally to some people? This presentation will discuss socialization strategies with examples, collaborative brainstorming and therapeutic resources. (Trainer: Summer Brunscheen, PhD) Approved for 3 hours of credit.

Sat., Dec 15 (1:15—4:30pm) - ANKENY (IFAPA Training Center)

## We Can't Wait to Meet You!

## Expecting a new foster or adoptive placement soon?

A Welcome Book is a tool intended to help a child transition to a new home, whether they are being placed in a new foster home or with an adoptive family they have not met. Welcome Books are helpful for children of all ages and can be sent to the child to read and review prior to placement. Welcome Books help the child learn more about the family they are going to be placed with and what their surroundings will look like.

[VIEW IFAPA'S FREE WELCOME BOOK PAGES](#)

## Grant Funds Available For Kids In Foster Care Age 13 And Under

The Friends of Children in Foster Care Program helps children in foster care receive funds in order to participate in extra-curricular activities, such as obtaining music instruments, sports team registration or equipment fees, swimming lessons, summer camp, etc. Grants for up to the maximum of \$200 per fiscal year can be submitted to IFAPA at the address on the Friends Program form.

Funding is available only for children currently in Iowa's foster care system. Children placed in pre-adoptive homes or who have been adopted are not eligible for Friends grants.

[CLICK HERE FOR THE FRIENDS GRANT APPLICATION](#)

# 6 Questions Every Adopted Teen Wants Answered

As children reach the teen years, the simple adoption stories of their early years no longer suffice. In this excerpt from *Beneath the Mask: Understanding Adopted Teens*, we take a look at what goes on in the minds of teens, and offer advice for talking with them.

Prior to adolescence, children are extremely curious about their adoption stories. Although they question the circumstances that led to their adoption, most of them seem to accept the answers calmly. But adolescents often demand fuller and more factual answers. They understand that most mothers love, nurture, protect, and keep their babies. Why not in their case? Was there something terribly wrong or unlovable about them?

Now that they are more sophisticated critical thinkers, adolescents revisit their earlier vague questions and refine them into a very personal (and sometimes painful) exploration of the question, "Why did my birthmother and birthfather leave me?" This process begins early in adolescence, a period of heightened upheaval and confusion for most youngsters. The already-stressed adolescent reconnects with the powerful awareness that, to have been adopted, someone had to give him away. Here are six common adoption-related questions teens have, and ways you can help: [Click Here.](#)

## November is National Adoption Month

The Iowa Foster and Adoptive Parents Association (IFAPA) wants to recognize and thank all the wonderful families who have given Iowa's children a permanent home. Your dedication and steadfast support for children is appreciated.

IFAPA recognizes that whether you have adopted from foster care or privately (both domestically and internationally), you are often not fully aware of your child's neonatal, developmental or environmental histories. As a result, you face a special set of circumstances when parenting your child. No matter the type of adoption, living in Iowa means you are eligible to utilize any of IFAPA's trainings or support! We encourage you to check out our training schedule on the next page and take advantage of courses that can help you to better understand the behaviors of your child as well as find ways to make daily life more manageable for all. Even if your child does not have significant needs, we have classes that can get you ready to parent teens, parent a child of a different ethnicity and learn how to better communicate with your child, just to name a few. We encourage you to take advantage of all IFAPA has to offer you as an adoptive parent!

## Are You Connecting with Your Child? The Next Time You Speak...

Disconnecting Words	Connecting Words
<b>Turn around and look at me when I am speaking to you.</b> (demand)	<b>Would you be willing to look at me? I have something to share.</b> (connect by asking for willingness)
<b>This is what happens when you don't pay attention.</b> (judgment, shame)	<b>I noticed by the way you were standing that it would be hard to do what I asked.</b> (observation)
<b>You weren't looking at what you were doing.</b> (blame, guilt)	<b>You seemed focused on something else.</b> (acknowledge your child's experience)
<b>That is NOT okay. I need you to listen to me so you won't make that mistake again. Do you understand?</b> (challenge, shame = fear)	<b>It's hard to focus on two things at once, isn't it? This isn't working for me. I'll need your full attention to try again. What do you think would help?</b> (stay close, offer to assist, make visual guide/list or gently say "Let's try again another time.") (non-judgmental requests + support compassionate limits = quality feedback)

SOURCE: [TEACH through Love](#)

### RESOURCES FOR ADOPTIVE PARENTS:

[Lifebook Pages](#)

[Publications for Foster, Adoptive & Kinship Parents](#)

[Adoption Resources](#)

[College Planning Guide for Students](#)

## DISCIPLINE TIPS

### Stumped by a child's behavior?

These discipline tips will help you deepen your understanding of Conscious Discipline. Find information on temper tantrums, challenging behaviors, special needs, difficult situations and parenting tweens and teens.

[VIEW DISCIPLINE TIPS](#)