



*Foster Parent Appreciation and Training event*  
{Lunch provided}  
Door prizes!

Where: Four Oaks Bridge  
2100 1<sup>st</sup> Ave NE Cedar Rapids, IA 52402  
When: Saturday April 22, 2017

**9:00am-12:15pm: Trauma in Children and Teens: What it Really is and What Really Works**

Children, teens and families experience trauma in their lives that can have immediate and long-term effects on their ability to function at school, in the home, and with peers. Untreated trauma often has long-lasting effects on our mental and physical health, and our ability to achieve success in adult life. Participants will have an opportunity to identify how trauma impacts brain and emotional development as well as attachment and will learn important skills involving communication, emotional regulation, and conflict resolution that they can use with children and teenagers in their lives.

**12:15-1:00: Lunch provided for attendees from both morning and afternoon sessions**

**1:15-4:30pm: Arrggg...What Can I Do With My Kids? The Power of Receptive Parenting Versus Reactive Parenting**

This workshop presents a highly effective, collaborative model of parenting based on research in the field of Interpersonal Neurobiology as presented by Dan Siegel & Tina Payne-Bryson in their books "The Whole Brain Child" and "No Drama Discipline". This workshop teaches parents how to emotionally connect with their children in order to more effectively teach, problem-solve, and redirect behavior. Parents will also learn ways of teaching important skills to children including emotional regulation, perspective taking, and handling upsetting memories and feelings.

**About the Trainer:** Warren Phillips, PhD

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 neurobiological disorders including attention-deficit disorder, learning disabilities, bipolar disorder, autism-spectrum disorders, and obsessive-compulsive disorders.

Please register through IFAPA:

<http://www.ifapa.org> Via phone: (800)277-8145 Ext 5

