

IFAPA TRAINING

for foster, adoptive and kinship parents and workers

The ABC's of Early Childhood Connections: Nurturing Social & Emotional Development in Infants & Toddlers

Participants will learn the basic stages of infant and young children's social-emotional development, how early experiences shape this development, and ways in which adults can support children's healthy social-emotional development including self-regulation. The course will also provide an overview of how adverse childhood experiences, such as exposure to substance use, domestic violence, and/or other forms of adversity impact development. We will explore the importance of all relationships that involve a child (e.g. parent-child, child-child, child-caregiver, parent-caregiver (foster parent), parent/caregiver-administration), factors that contribute to risk and resiliency, and why it's essential to consider ways to cultivate resiliency in young children and their families. Building on the foster and adoptive parent role is in these areas, caregivers will learn strategies to support infants and young children who have experienced such adversity. **Approved for 3 Hours of Foster Parent Credit**

About the Trainer:

Gwen Babberl, LMHC, CADC

Gwen Babberl is employed at Children & Families of Iowa as the Trauma-Attachment Specialist and Family Therapist. She has worked in the mental health field for more than 15 years. She is a Licensed Mental Health Counselor (LMHC) and a Certified Alcohol and Drug Counselor (CADC). Gwen graduated from the University of Northern Iowa with a Bachelor of Arts- Emphasis in Social Sciences, Humanities and Education, and from Drake University with a Master of Science in Counseling. Gwen has worked in outpatient and residential settings, and has also provided in-home services. She has experience working with various ages, including children and adolescents with attachment and complex trauma issues. She has significant experience working with children, families, and couples. Gwen's therapeutic approach utilizes cognitive behavioral therapy, dialectical behavior approaches, play therapy interventions, Child Parent Psychotherapy (CPP) and EMDR (Eye Movement Desensitization Reprocessing) in working with a variety of clients on the depression, anxiety, and trauma spectrum disorders



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.

