

# IFAPA TRAINING

for foster, adoptive and kinship parents and workers

## Integrative Parenting: Strategies for Raising Children Affected by Attachment Trauma

Integrative Parenting is a class that will empower foster parents, parents of adopted children, and parents of children impacted by trauma, with effective techniques to improve relationships with their challenging children. Integrative Parenting will help parents identify the root of their children's misbehaviors, learn effective methods to calm reactive and misbehaving children and identify the impact of past trauma on your relationship with your child. You will also learn how to help your child heal through attunement, nurturing messages and comforting touch.

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

## About the Trainer:

**Renae Jones, MS, LMHC**

Renae Jones is a licensed mental health therapist at Mosaic Family Counseling Center who works with children, adults, and families. Renae's practice includes EMDR (Eye Movement Desensitization Reprocessing) therapy, she is EMDR trained, combined with Cognitive Behavioral Therapy, behavioral management techniques and utilization of the Nurtured Heart Approach. She is also a certified adoption investigator for the state of Iowa. Renae is a member of the Trauma Informed Stakeholders Project. Renae is a certified facilitator in the Greater Des Moines Child Assault Prevention (CAP) program and trained in the community education program, Protecting Our Children – Advice from Child Molesters. Renae worked as the Prevention Coordinator at Blank Children's Hospital Center for Advocacy and Outreach serving families in education of personal safety. This work involved prevention and early intervention of bullying behavior, abduction, and child abuse. Renae has worked in adoption coordinating international and domestic adoptions. Renae has a Bachelor of Arts degree in Human Psychology from City University in Seattle, WA and a Master of Science degree in Mental Health Counseling from Drake University in Des Moines, IA. Renae's experience in human services includes working in the areas of trauma, stress management, co-dependency, attachment and bonding, parenting, adoption and foster care, women's issues, infertility, and relationships. Renae is well-versed in Adverse Child Experiences (ACE's) and Trauma-Informed Care (TIC). She understands the importance of asking "What happened to you?" rather than "What's wrong with you?" This perspective guides her interaction with clients to work toward managing stress and emotions, enrich and strengthen relationships, developing and utilizing healthy support systems and healthy coping skills in order to achieve goals and reach ones full potential.



## 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.

