

IFAPA TRAINING

for foster, adoptive and kinship parents and workers

The Good Enough Parent: Promoting Mental Health in Young Children

This class will provide an overview of early childhood mental health and will focus on how foster and adoptive parents can use language and play to strengthen attachment and help their children develop their social and emotional skills.

Approved for 3 Hours of Foster Parent Credit

About the Trainer:

Dorothy Lifka, LISW

Dorothy Lifka is a licensed independent social worker. She has a Masters of Science from Wheelock Graduate School in Early Childhood Special Education, a Masters of Social Work from the University of Iowa, and a Doctorate in Education from the University of South Dakota. Dorothy has worked with children and families for more than thirty years as a teacher and therapist. She has been trained in dyadic therapy, attachment therapy, trauma focused cognitive behavioral therapy, and filial therapy and works from a trauma informed perspective. Dorothy has worked with culturally diverse populations. She is an adjunct instructor at Des Moines Community College and has also taught at Tufts University, Wheelock Graduate School and Western Iowa Technical Community College. She has taught classes for Child Care Resource and Referral and presented workshops and trainings on a variety of mental health topics.



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.

