



ONLINE TRAINING

OVERVIEW & PURPOSE

These groups are designed for foster, kinship, and pre-adoptive parents who want to build on their knowledge and expand their skills related to parenting kids in DCF care. The format is one or two trainers who have a set presentation to offer. Depending on the group size, the training may be more interactive in nature. There is usually time allotted for questions and answers.

SCHEDULED TRAININGS

Navigating Virtual Visits in time of COVID-19

Saturday, April 25th 8 p.m.

Trainer: Kim Kelley

Supporting Your Foster Child: Understanding Trauma and the Brain

2 part series, 3 different date/time offerings:

Thursdays: April 30 & May 7 @ 8 p.m.

Saturdays: May 2 & May 9 @ 10 a.m.

Wednesdays: May 6 & May 13 @ 2:30 p.m.

Trainer: Stephen J. Bradley, LICSW, LMHC

Stay tuned for registration information!

This workshop is designed to support foster parents in learning new ways to understand their foster children who have experienced child trauma, and providing practical strategies to support them. Child trauma takes many forms and can include neglect, abuse, multiple placements, witnessing violence, exposure to substances or alcohol, and others. This workshop will have two parts:

Part I: Understanding Trauma and the Brain

This part of the workshop will focus on helping foster parents better understand why it makes sense that their foster children have a variety of challenges (for example, arguments, tantrums, stealing, lying, aggressive behavior, sleep problems, eating problems etc.) All of these challenges make sense when we understand more about how

the brain develops and how the brain works. We will discuss Core Concepts from the Neurosequential Model of Therapeutics® (NMTTM) - an approach to working with child trauma developed by Dr. Bruce Perry from Child Trauma Academy in TX. This approach has ways of explaining how the brain works and the impact of trauma that are easy to understand and make sense. The first part of this workshop will focus on introducing foster parents to some of the important concepts in this approach.

Part II: What Do I Do Now?

This part of the workshop will use specific examples and give concrete suggestions that can be used to support your foster child in learning how to calm themselves down when they are upset. It will also give specific suggestions to foster parents about how to respond when your foster child is having a hard time. This part of the workshop will focus on helping foster parents learn strategies they can use at home to support their foster child(ren) in becoming more self regulated.

Healing Trauma through Occupational Therapy

2 part series:

Tuesday May 12th and Thursday May 14th at 8 p.m.

Trainer: Katie Everson

Katie Everson is a Registered and Licensed Occupational Therapist who received her Masters of Occupational Therapy in 2014 from Shenandoah University. She is currently working on obtaining her Doctorate of Occupational Therapy from Bay Path University (spring 2021).

Stay tuned for registration information!

Part I: Window of Tolerance

In this online course, we will look to understand a person's Window of Tolerance and how it impacts both parents and children. Katie will discuss what the Window of Tolerance is and will provide tips on how to manage the "window".

Part II: Healing Trauma through Occupational Therapy

In the second part, we will look at what sensory processing is. How can we use the sensory integration theory when working with children exposed to trauma and those in the foster care system?

In both sessions, Katie will demonstrate strategies that can help you better understand your child's behaviors and start to tune into what they are trying to tell us. Provided in this workshop is a foundational knowledge and a set of skills you can take into your home while caring for a child with a variety of needs.