

# CD Webinar Descriptions

## #1101 Tough Questions, No Easy Answers

**with** (August 2009) - Learn how to care for children who have been hurt and how you can provide a safe and calm environment for these children in your home.

**Deena McMahon, MSW, LICSW**, has more than 20 years experience as a therapist working with families and children. She speaks throughout Minnesota and nationally on the dynamics of attachment, brain development and early trauma and how to effectively serve children and families involved in the child welfare system.

## #1102 Back to School with FASD

(September 2009) - Learn how to adapt the educational environment and approach to learning in the classroom for children with Fetal Alcohol Spectrum Disorder.

**Kari Fletcher** works from her home in Mankato, Minnesota as a Parent Support Specialist for the Adoption Support Network, providing phone, in person and email consultation to adoptive parents. She previously served as the Southern Minnesota Regional Resource Coordinator for the Minnesota Organization of Fetal Alcohol Syndrome (MOFAS). Kari and her husband have six children, two who were adopted from the foster care system that were diagnosed with FASD.

## # 1103 Calming the Holidays for Children with Sensory Differences

(December 2009) - Learn strategies for "calming the holiday" chaos at home, at family gatherings, at school and in the community for children with sensory and neurological differences.

**Kari Fletcher** works from her home in Mankato, Minnesota as a Parent Support Specialist for the Adoption Support Network, providing phone, in person and email consultation to adoptive parents. She previously served as the Southern Minnesota Regional Resource Coordinator for the Minnesota Organization of Fetal Alcohol Syndrome (MOFAS). Kari and her husband have six children, two who were adopted from the foster care system that were diagnosed with FASD.

## #1104 The Mosaic: When RAD Meets FASD

(February 2010) - Learn more about the two most seen diagnoses in adoption, Reactive Attachment Disorder (RAD) and Fetal Alcohol Spectrum Disorder (FASD). Hear from two experts from different experiences, adoption therapist **Deena McMahon and Wendylee Raun**, adoptive parent of a now-grown daughter with FASD. Hear what they have learned over the 20+ years of working and living with RAD and FASD.

## #1105 Ideas for Increasing Biculturalism in Transracial Families

(March 2010) - Learn practical ideas on how to live a more diverse and bicultural life with your children, both in the home and in the community.

**Robert O'Connor, MSW** is a consultant and therapist in the Twin Cities metropolitan area who was transracially adopted at the age of four and grew up in both urban and rural areas in Minnesota.

## #1106 Avoiding Power Struggles & Healing Hearts

(July 2010) - Better understand the psychological purpose and cause of power struggles for children living with ADHD, RAD and PTSD. Family therapist, Paul Buckley reveals the child's motivation for control while offering three strategies that work to induce cooperation and strengthen bonds between child and caregiver.

**Paul Buckley, LMFT** has been helping "at-risk" children and the thoughtful adults who care for them for over 25 years. He is known for incorporating concepts of attachment and narrative therapy into an emotionally warm and playful manner to help clients deepen relationships and solve problems.

## #1107 Helping Troubled Adopted Children with Complex Trauma Histories

(August 2010) - Many adopted children are "multiply impacted" by prenatal exposure to drugs, alcohol, or by neglect and deprivations, complex trauma such as chronic physical or sexual abuse, domestic violence, separation or multiple out-of-home placements. **Dr. Richard J. Delaney**, internationally known speaker and acclaimed author and consultant to foster, kinship and adoptive parents as he addresses positive parenting issues that examine why children behave the way they do, how to approach their behaviors, especially social aggression and anger outbursts.

## #1108 Adolescence, RAD & Attachment: Guiding Adopted Teen Towards Adulthood

(September 2010) - Gain tools to help a teen move forward from destructive behaviors to find safer ways of coping, communicating and connecting to others as they go from their teens to adulthood.

**Krista Nelson, LICSW, LMFT**, has been the Project Coordinator for the Wilder Foundation Center for Children with Reactive Attachment Disorder in St. Paul, Minnesota since 2001. Krista Nelson is a licensed family therapist and clinical social worker with 23-years of experience working with children and families going through difficult transitions.

## #1109 Pathways to Permanency

(November 2010) - Internationally known speaker and author, **Dr. Richard J. Delaney** explores the four vital factors to the success of permanency after placement in foster care. Research shows stability is often determined by the character of the child, foster parents, the caseworker and the agency. Dr. Richard J. Delaney helps identify children/youth who are at the highest risk of disruption, locate foster parents with the highest resiliency and skill set, design stabilization plans and train foster parents on how to deal with children with complex histories.

## #1110 Family Dynamics in Adoption: The Impact of a Special Needs Child

(January 2011) - **Dr. Richard J. Delaney**, acclaimed author and psychologist, uncovers the myths and unrealistic expectations parents often have when adopting a special needs child. Dr. Richard J. Delaney examines the trauma history of the child and the possible impact it has on the family. He offers suggestions for improving communication and preserving the relationship between parent and child in order to avoid the heartbreak of disruption.

## #1111 Understanding Behavioral Problems in Special Needs Adopted Children

(March 2011) - **Dr. Richard J. Delaney**, acclaimed author and psychologist, uncovers a wide range of behavioral problems often seen in special needs adopted children. Dr. Richard J. Delaney offers examples of children acting out through focused anger, verbal and physical aggression, tantrums, stealing and running away. He helps caregivers understand and attend to these challenging family dynamics with the goal of preserving the child/parent relationship.

## #1112 Sexually Abused Children in Adoption & Foster Care

(April 2011) - Learn what parents and professional need to know when helping children heal from the trauma of sexual abuse. Presenter Deena McMahon discusses the impact sexual abuse has on adopted and foster children, offers parenting strategies and talks about the possible outcomes for these children.

**Deena McMahon, MSW, LICSW**, has more than 20 years experience as a therapist working with families and children. She has expertise in child sexual abuse and frequently serves as an expert witness in court proceedings regarding permanency issues. Deena McMahon speaks throughout Minnesota and nationally on the dynamics of attachment, brain development and early trauma and how to effectively serve children and families involved in the child welfare system.

## #1113 Nutritional Interventions for Children with Fetal Alcohol Spectrum Disorder

(June 2011) - The gluten and casein free diet is often referred to as "The Autism Diet" and is currently being followed by many families in the Fetal Alcohol Spectrum Disorder (FASD) community. Adoptive parent **Kari Fletcher** explores the connection between gluten and casein intolerance, dysfunctional immune systems and the common behaviors children display. Basic information about the gluten and casein free diet is shared along with helpful tips from families who have experienced success with the diet.

## #1114 Helping Adopted & Foster Youth Transition to Adult Living: A Parent's Perspective

(August 2011) - Transitions are often difficult, especially for young teens moving into adulthood. Teenagers need time to gradually learn and practice adult skills, such as finding a job, managing finances, applying to college and forming close relationships with others and the community. Some adopted and fostered teens need extra time, attention and encouragement. **Terssa Markwoth**, adoptive mother of 17 and bio-mother to four, offers suggestions to help your teen become confident with their own situation and abilities. Terssa and her husband of 25 years share how they continue to guide their adopted children into adulthood, while understanding the unique challenges adopted and foster children have faced from multiple placements, transitions and attachment delays.

## #1115 Parenting Adopted Adolescents: Understanding Their Journey

(September 2011) - **Dr. Gregory C. Keck**, founder of the Attachment and Bonding Center of Ohio offers parenting strategies, tips, new suggestions, and insights to manage tough situations in your family. Dr Gregory Keck -- adoptive parents, psychologist and adoption expert helps you understand and appreciate the complicated journey that adopted adolescents face. Once you understand your role in the journey, you will be more effective in your role as a parent.

## #1116 Medical and Mental Health Needs of Internationally Adopted Children

(November 2011) - Children who are internationally adopted are at risk for experiencing fear, grief, loss, stress and trauma. These experiences can affect the brain architecture over time and increase the risk of mental health issues or disorders and may also affect health outcomes in adulthood. **Dr. Julie Keck and Dr. Heike Minnich** from the Riley International Adoption Clinic at Indiana University School of Medicine as they help parents understand these issues and guide them through therapeutic interventions.

## #1117 Keeping Kids Safe from Internet Crimes

(January 2012) - Join **Karina Berzins**, Training and Education Coordinator with the Internet Crimes Against Children (ICAC) unit at the Bureau of Criminal Apprehension (BCA) as she explains what the biggest safety concerns are regarding internet/technology use, along with some tips on how to protect children while on the internet. Find out what local law enforcement is doing in our communities to help protect our children while they are on the internet and using technology.

## #1118 Understanding Complex Trauma

(February 2012) - Posttraumatic Stress Disorder (PTSD) is a common diagnosis given to foster and adopted children, however PTSD often fails to take into account the symptoms that are often seen when there has been chronic, prolonged abuse and relational trauma. Many foster and adopted children have experienced trauma over months and years and in the context of the parent-child relationship. **Dr. Richard Delaney** will address Complex Posttraumatic Stress Disorder (C-PTSD) by discussing the seven underlying areas that are seen in children with C-PTSD (eg. Lack of self-worth and emotional control, loss of trust and safety, etc). Dr. Delaney also offers therapeutic interventions that help address these areas related to behavior problems associated with C-PTSD.

## #1119 Parenting the Hurt Child: Helping Adoptive Families Heal and Grow

(April 2012) - Some adoptees come to your home with pain, sadness and anger that can often affect the entire family. With time, patience and informed parenting, your adopted child can heal, grown and develop beyond what seems possible. **Dr. Gregory Keck**, founder of the Attachment and Bonding Center of Ohio explains how to raise your child with loving wisdom, resolve and success while preserving your stability and well-being.

## #1120 Who Am I? Dealing with Genetic Confusion in the Adoptive Family & Beyond

(June 2012) - Few people think about how confusing it is for adoptees to grow up in non-biological families, especially if they came into a family at birth or soon after. The nurture versus nature debate has been going on for years. Nancy Verrier, MFT addresses the many ways a child struggles to fit into a family and why it is so difficult for many adoptees. There are many aspects that come into play, some are even beyond control of parents or child. Nancy Verrier offers a clear understanding of genetic confusion and adaptation. This webinar is especially important for adoptees, adoptive/foster parents or anyone who is connected to adoption. **Nancy Verrier** is an adoptive mother and psychotherapist from Lafayette, California, specializing in adoption issues. She is an international speaker on the effects of separation trauma and genetic confusion on adopted children. She is the author of "The Primal Wound" the most widely-read adoption book in America, and "Coming Home to Self." She is the recipient of the Book of the Year Award from the Council of Equal Rights in Adoption and the Emma May Vilardi Humanitarian Award from AAC.

## #1121 Part I—Helping Children with Sexualized Behaviors

(July 2012) - This training will review the common myths and facts about children who are exhibiting sexualized behaviors. Participants will learn about the characteristics of healthy and unhealthy sexual behavior in children. The presenter also explores the influence of early traumas, such as domestic violence, sexual and physical abuse and how it manifests with children who display sexualized behaviors. Parents and professionals will learn specific strategies and interventions for working with and helping these children.

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**Jane Seymour, MSW LGSW** previously served as Clinical Specialist with the MN ADOPT HELP Program at Minnesota Adoption Resource Network. Prior to her work with MARN, she provided individual and group therapy to children who had experienced intra-familial sexual abuse. Jane also provided in-home therapy, education, and skill building to adoptive and kinship families. Jane has previously worked with families involved in Child Welfare, and with youth in residential and day treatment settings.

## #1122 Communicating with Birth Family: An Adoptive Mother's Experience

(September 2012) - Open communication between adopted/foster kids and birthparents/families can be delicate. As caregivers to these children we want to ensure the best outcome while being sensitive to everyone involved. Join **Terssa Markworth**, adoptive parent of 17 as she shares her experiences from maintaining long-term communication with former foster parents to a Facebook friendship with a birthparent. Communicating with birth families has become more profound due to the internet, Facebook and cell phones. Special care must be taken when older children of sibling groups decide to search for birth parents. Terssa also discusses the approach she took when telling her adopted child about the death of a birthparent and how the "death of the dream" to later search affected the child. She shares strategies on how to effectively communicate with birth families while advocating for and supporting the needs of adopted children.

## #1123 Addressing Sibling Placements in Adoption

(November 2012) - The sibling bond is very important in children's development. Brothers and sisters share friendship, warmth, and concern for one another. Sibling relationships play a major role in the development of social skills since children spend the majority of time with their siblings and learn how to interact with others. In addition, evidence shows that siblings influence the development of secure attachment. Children who are separated from their siblings are likely to be preoccupied with thoughts about their siblings, leading to depression.

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**Dr. Richard Delaney** will address sibling placements in adoption/foster care and discuss the long-term impact sibling separation has on the stability and well-being of the child. He will also focus the importance of nurturing relationships, discuss key factors to consider when placing siblings, and explain the mitigating loss they feel when they live apart. Dr. Delaney will offer suggestion for the "parental" or "parentified" child, and offer caregivers and professionals tips on how to handle behavior problems that relate to the trauma of sibling separation.

## #1124 Kinship Caregivers: Choosing the Right Path

(December 2012) - Kinship caregivers (sometimes called relative caregivers) provide children with greater stability, increased connections with siblings and maintains vital family connections and traditions. Kinship care is steadily increasing in Minnesota, at least 21,000 grandparents are raising their grandchildren. Often the journey to providing permanency and stability for these children can be complicated. This training will provide an overview of legal options, financial benefits, and additional resources specific to individual family situations. **Janet Sale and Kris LaFleur** are Family Support Specialists with Families in Safe

## #1125 Part II— Helping Children of Sexualized Behaviors

(May 2013) - This follow-up webinar will focus on specific examples of sexualized behaviors and how they can appropriately and effectively be addressed within the home. Participants will be introduced to a variety of therapeutic styles that have proven to be effective in helping kids with sexual trauma, and will also learn tips for finding a therapist that understands sexual abuse and sexualized behaviors. This webinar will include a 30-minute interactive session where participants can ask the trainer questions, present case scenarios, and get feedback from the trainer on particular situations. This training will be informative and useful for those who attended PART I—Helping Children with Sexualized Behaviors as well for new attendees who are just learning about this topic. **Jane Seymour, MSW LGSW**

## #1126 Going Forward: Transitioning from Foster Care to Adoption

(September 2013) - Understand the clear benefits of adoption from foster care, including the benefits to the child and to the adoptive family. The main issues to be covered are: how to talk to your children about what the transitions means, their history, past losses, traumas, and feelings about life events. Focus on building relationships and positive attachments with children as addressed. **Dr. Richard J. Delaney** is an internationally known speaker and consultant to foster, kinship, and adoptive parents and the author several parenting books.

## #1127 Transforming Challenging Behavior: Present Moment Parenting

(October 2013) - This explores innovative ways to bring real change in adoptive and foster families. **Tina Feigal, M.S., Ed.** is the Director of Family Engagement at Anu Family Services/ Center for the Challenging Child and is a parent coach and author. Her approach applies to all children ages 2 to 18, but is especially applicable to children with ADHD, ODD, autism diagnoses. Learn ways to resolve challenging behaviors and how you can help children heal from their past trauma histories. Tina Feigal was featured as the *Minneapolis Star Tribune* and KARE 11's "Suppermanny."

## #1128 The Unique Perspectives of Adolescent Attachment (PART I)

(December 2013) - Part I of this training explores the multiple layers of adolescent attachment, gender differences, conflicting developmental tasks, and the impacts of complex developmental trauma. Some of the issues discussed include: The multiple layers of the adolescent developmental journey, including, physical, emotional, sexual, social, and moral changes; the specific themes of an adopted teen's journey from early adolescence to emerging adulthood; the impact of complex trauma on an adopted teen's development and the impact it has on the parent-child relationship; and tips for parents to learn when "to lead" and when "to follow" as parents "dance" through these transitions with their teens.

## #1129 Overcoming Blame & Strengthening Families Living with FASD

(December 2013) - **Kari Fletcher** shares her own and other adoptive families' experiences parenting children with Fetal Alcohol Spectrum Disorder (FASD). She explores how families can overcome the blame and reframe their thinking about FASD-related behaviors and view them as opportunities to educate others--meanwhile strengthening their own families from within. Kari offers parents the language needed to change the way we think and how others view children living with FASD. These strategies, though difficult at times, can build strength and resilience.

## #1130 The Unique Perspectives of Adolescent Attachment (PART II)

(January 2014) - Part II of this training explores the pivotal times of adolescence. Krista Nelson discusses the specific challenges adopted teens with trauma histories bring to families and shares personal stories of how adoptive parents shifted their parenting approaches to address these challenges. Krista also guides the listener to strategies that offer tools to address the following questions: How do I guide and support my recently adopted teen who resists parental involvement? How do I expand my teen's awareness and acceptance of his/her identity as an adopted person, while taking into account the multiple layers of identity, loss or family belonging? How do I cope with the push-and-pull with my teen--who wants to assert his/her independence, but is not yet ready?

## #1131 Understanding & Working with Birth Parents to Promote Resiliency in Out-of-Home Placements

(March 2014) - This training features Michele Fallon as she discusses some of the issues that biological parents face, often leading to out-of-home placements for their children. **Michele Fallon, LICSW, IMH-E**, is an Infant and Early Childhood Mental Health Consultant with 35 years of experience working with young children and their families. By understanding the needs of these children it can help adoptive, kinship and foster parents facilitate collaborative efforts among everyone involved--keeping the best interest of the child in mind. This 90-minute presentation includes practice, along with strategies for working directly and indirectly with biological families.

## #1132 Addressing Parental Grief as a Normative Crisis

(April 2014) - Dynamic speaker and trainer **Deena McMahon, MSW, LICSW** uncovers the concepts of grief and disappointment as a "normative" family crisis for parents. Parental grief and disappointment is often the unidentified reason adoptive and foster parents seek professional services. This grief and sadness is rarely discussed and can lead to feelings of guilt, shame, and failure. Deena offers suggestions for: Relationship repair; how to care for oneself and extend this care to one's partner, family, child and community and ideas and resources for families to heal and diminish prolonged sense of emotional grief.

## #1134 Understanding the Oppositional Child

(August 2014) - This training focuses on understanding and addressing oppositional behavior with children and adolescents in foster and adoptive care. Trainer and adoptive parent **Susan Dannen, MSW, LICSW, RPT-S** explains the criteria for oppositional defiant disorder and addresses the differences between "mental health behaviors" vs. "chosen" misbehaviors and "discipline" vs. "punishment." Understand what is behind the child's behavior and how parents can cope and accept unconditionally.

## #1135 Developmental Repair: Relating to Dysregulated Children

(October 2014) - **Lauren Nietz, MSW, LICSW** works as a licensed therapist at Washburn Center for Children. This training will explore the thoughts, feelings, and behaviors of children coming from foster care into adoption from a developmental lens. Lauren offers examples that help parents and professionals find effective and healing approaches with their children by implementing the Developmental Repair model.

## #1136 Approaches that Encourage Children to Process Feelings

(November 2014) - This webinar presentation provides adoptive and foster parents with valuable information about environmental and biological influences that impact a child's behavior and emotional response. Hear from **Paula J. Achenbach, MS, LMFT** as she provides participants with an understanding into how the emotional brain works and its effects on the child's learning capacity. A variety of brain-based activities will be presented to demonstrate sensory and relationship-based therapies to help children process emotions, build resiliency, and heal from broken attachments.

## #1137 Online Consultation: Lying, Stealing, Anger and Defiance

(December 2014) - This special 90-minute webinar was offered to families who parenting children with trauma or attachment histories. **Brenda Benning, MSW, LICSW** adoptive mother and licensed therapist provided online consultation to parents on the following behaviors: lying, stealing, aggression and defiance.

## #1138 Reactive Attachment Disorder: The Developmental Perspective

(January 2015) - This training is for those interested in learning more at Reactive Attachment Disorder and the history of the diagnoses. **Dr. Richard J. Delaney** provides a brief overview of attachment from early childhood to adolescence and how it affects foster and adoptive families. This information includes the new DSM-5 diagnosis.

## #1139 Accessing Health Care: Medical Assistance

(February 2015) - **Jen Daulman Johnson, Senior Advocate from The Arc Greater Twin Cities** discusses the Affordable Care Act which has created many changes to the health care system and provides information on how to access MA, and helps families understand the services and supports available through specific MA programs. MNsure Minnesota's new health insurance exchange is a one stop shop where Minnesota families can explore, apply for, and compare health plans. Learn more about how Adoption Assistance is available, Steps to the Appeal Process and additional information and resources.

## #1140 Online Consultation: Defiance and Disrespect: Battles with Homework and Chores

(March 2015) - This special 90-minute webinar was offered to families who parenting children with trauma or attachment histories. **Brenda Benning, MSW, LICSW** adoptive mother and licensed therapist provided online consultation to parents on the following behaviors: defiance and disrespect as they related to ongoing battles over homework and chores.

## #1141 Personal Care Assistant Services: What are they and how do I access them?

(March 2015) - **Ryan Anderson Pascual, Senior Advocate from The Arc Greater Twin Cities** discusses the use of Personal Care Assistants (PCA). PCA's provide assistance to individuals and families who need help with activities of daily living. These skills are needed to function in every day life. Once families obtain Medical Assistance coverage, they may contact their local agency to request an assessment to determine eligibility and the level of need for the adopted child and family. This webinar provides a deeper understanding into the role of a PCA and how they can support adoptive families. Also includes is information about eligibility , the assessment process, steps to the appeal process , and additional resources and options for using PCA services.

## #1142 Breaking Down Waivers: Eligibility, Access and Services

(April 2015) - **Jacki McCormack, Senior Advocate from The Arc Greater Twin Cities** provides information about the number of waiver agreements Minnesota has entered into with the federal government. This training highlights the differences in services and the amount of money a person can use to purchase these supports. Learn how waivers provide assistance to individuals with special needs in the home and in the community. There are four different waivers for people with disabilities. Each waiver has its own eligibility criteria. This session discusses the following waivers: Developmental Disabilities (DD), Brain Injury (BI), Community Alternative for Disabled Individuals (CADII), and Community Alternative Care (CAC).

## #1143 Preparing for Guardianship and Accessing Social Security, Disability Income, and Supplemental Security Income

(May 2015) - **Brad Hansen, Senior Advocate of The Arc Greater Twin Cities** provides information about guardianship and accessing medical assistance. This training explores guardianship which is a form of substitute decision making for individuals who are unable to make and communicate critical life decisions. When an individual reaches the age of 18, they are a legal adult with full rights and responsibilities regardless of disability. Learn ways to help them make decisions as Brad explores (1) How Guardianship Works (2) Alternatives (3) Ward Bill of Rights and (4) Annual Reporting Process. Social Security and Disability Income (SSDI) and Supplemental Security Income (SSI) are federal income programs administered by the Social Security Administration (SSA) that serve many different individuals with a variety of disabilities. SSI and SSDI provide monthly income to adults and children who qualify. Learn more about SSI/SSDI and the difference in programs, the eligibility and application process, reporting and the steps to the appeal process.

## #1144 How to Engage with Adopted Teens

(May 2015) - This webinar presentation uncovers the mystery behind “common teen phrases” heard inside the walls of many homes, especially when parenting teens with trauma histories or attachment disruptions. Join **Adam Arnold, MA, LMFT, LADC**, and co-owner of Enliven Psychotherapy. Adam helps parents connect with their adopted teens by learning creative, tangible ways to build positive relationships and offers nonverbal ways of nurturing and creating safety and security for those in need. Listeners will also gain an understanding for how trauma histories and attachment disruptions impact the adolescent’s strategies when navigating relationships.

## #1145 What You Need to Know About Fetal Alcohol Spectrum Disorder

(June 2015) -Join **Barb Clark, FASD Consultant** and adoptive mother as pulls back the layers and helps parents and practitioners understand Fetal Alcohol Spectrum Disorder (FASD). Barb not only explains the mysteries behind FASD, but offers suggestions to parents to are or thinking about adopting a child who was been prenatally exposed to alcohol. These techniques not only offer a better understanding of the implications that impact these children, but provide supportive tools that help these children flourish in the home.

## #1146 Handing Touch with Touchy Adopted Teens

(August 2015 - Some teens are not open to touch, even if you do everything right. With adopted teens, how do you know when to touch and how do you respond when the touch is rebuffed? **Tina Feigal, Director of Family Engagement and Parent Coach** at Anu Family Services offers suggestions that help teens accept appropriate touch and discover ways to build positive and healthy relationships.

## #1147 Online Consultation: Self-Injurious Behaviors Among Adopted Adolescents.

(September 2015) - This special 90-minute webinar was offered to families who are parenting children with trauma and attachment histories. **Brenda Benning, MSW, LICSW** is an adoptive mother and licensed therapist who provides online consultation to parents who are struggling with adolescents who exhibit self-injurious behaviors or other self-harm tendencies. Gain a better understanding behind the behavior and what parents and caregivers can do to provide a safe environment for the teen and family.

## #1148 “What’s the meaning of this?” Getting a New Perspective on Your Child’s Behavior

(October 2015) - Ever wonder were your child came up with their behavior or those words? Does this behavior exhaust you? If so, then your child is trying to tell you something but does not know how to express their emotion. Join **Bonnie Harris, M.S., Ed.**, Director of Connective Parenting who has been educating, training, and counseling parents for over 25 years. Her book, “Connective Parenting” offers parents insight into the meaning of “childology” and how one can shift their perspective and find the words so parents can “connect” instead of “react.” This webinar also provides “connective communication” strategies so your child learns how to use their words instead of behaviors so peace can be restored in the home.

## #1149 Hand in Hand Parenting: Simple Practice that Heal Children with Trauma

(November 2015) - This webinar offers parents to simple but highly effective practices that you can you to help children heal from emotional hurt. **Maya Coleman, Ph.D. Clinical Psychologist** and adoptive parents as well as **Patty Wipfler**, founder of Hand in Hand Parenting introduces parents to the Parenting by Connection approach, which combines years of professional experience and antidotes from personal stories. This concept illustrates the five “listening tools” that are the backbone to the connective parenting approach.

## #1150 Beyond Picky Eating: End the Power Struggles and Support Nutrition & Healthy Growth

(December 2015) - **Dr. Katja Rowell** is a family doctor and childhood feeding specialist. This webinar helps parents understand why children are struggling to develop healthy relationships with food. Learn relationship-building tips and phrases to neutralize power struggles, improve picky eating, and help your child self-regulate and tune into appetite and fullness cues. Dr. Rowell second book, *Helping Your Child with Picky Eating: A Step-by-step Guide for Overcoming Selective Eating, Food Aversion and Feeding Disorders* shares relationship building strategies aimed at extreme picky eating.

## #1151 When Adult Adoptees Return Home: A Parent’s Perspective

(December 2015) - **Teressa Markworth, MA**, author and adoptive parent of 17 children. Join Teressa as she provides strategies that help parents and adult children promote effective communication and set healthy boundaries when your kids return home. Teressa’s own son has been homeless twice and she and her husband allowed him to move back home so they could determine what he needed, how to cultivate his own strengths, and offer him the support he needs to be successful in his own life. Teressa’s book *You Can’t Bungee Jump with a Pair of Pantyhose* is a book that discusses the joys and challenges that have come with adoption in her own family.

## #1152 Reactive Attachment Disorder: Throughout the Lifespan

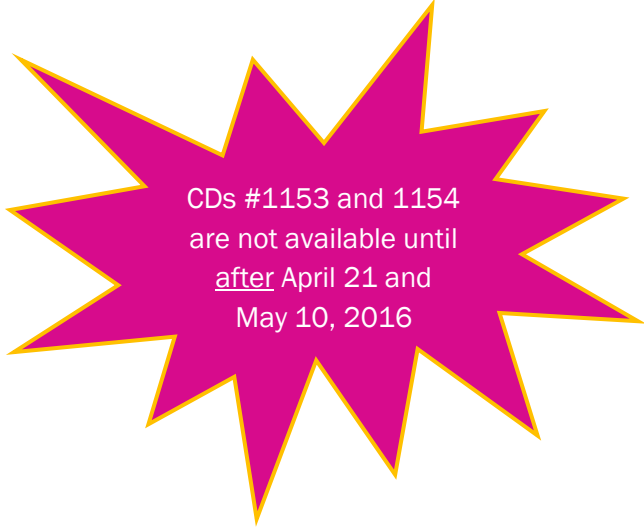
(January 2016) - **Deena McMahon, MSW, LICSW** discusses how disrupted attachments impact individuals as they age. She explores the many facets of our lives that are affected by insecure attachments, such as college, work, romantic relationships, and extended family and friendships. This presentation will explore the characterization of the four types of attachment, how secure attachments are formed, and how one can identify symptoms of insecure attachment throughout the lifespan (infancy, early childhood, adolescence, young adulthood, middle age, and beyond).

## #1153 How to Engage with Adopted Teens

(April 2016) - This webinar presentation features, **Marilyn Mendenhall Waugh, MA** who is a reunited birth mother and Director of Adoption Concerns Triangle of Topeka. For the past 23 years she has worked in post adoption services in Kansas and in 2014 she received the American Adoption Congress President's Award. This 90-minute online presentation shares how internet family searches often require utilizing several websites. She also discusses how to logically search "reliable" sites that are available to the general public for free or at minimal costs. This webinar explores the tools one would need to locate family.

## #1154 Talking with Children About Foster Care and Adoption

(May 2016) - This webinar presentation features two licensed mental health professionals who work for Fraser, **Christina Bast, MSW, LICSW** and **Kelly Pieper, MSW, LICSW**. Whether your child verbalizes it or not, children who have been adopted or placed in foster care do think about their past. Children sometimes wonder: *Why was I placed for adoption? Did my first parents love me? Do I have brothers or sisters?* Meanwhile caregivers often have questions to and need to thoughtful about how we share truth with the children we care for. This presentation will provide the framework for how to talk to your children about adoption and foster care, how to promote a healthy and safe environment and facilitate communication using the child developmental perspective.



CDs #1153 and 1154  
are not available until  
after April 21 and  
May 10, 2016