



CHILDREN'S AID  
SOCIETY

# APAC Trainings

Alabama Pre/Post Adoption Connections will provide the following workshops for your agency or professional group at no cost. We will design a program to meet your needs in terms of time, adoption-related topic and target audience.

Continuing Education Units (CEUs) provided for social workers, counselors, foster and adoptive parents.

- **Practical Play Techniques for Oppositional Children:** This training includes information about oppositional children exhibiting anger, aggression, defiance, anxiety and depression. Practical play techniques are suggested to be used at home in an effort to assist children in expressing emotions in a safe environment and in alleviating symptoms of oppositional behaviors.
- **Bullying:** Bullying has been a problem for children for decades, but with the growing popularity of social networking and instant connectivity, bullying has taken on a whole new intensity. This training provides information on the different types of bullying, characteristics of victims and bullies and what you can do as parents if your child is being bullied or bullying others.
- **Anger Management:** This training gives an overview of anger—what it is, the triggers and appropriate ways we can deal with it. We will explore how anger is manifested and also how to find the underlying cause of anger. The training also explores how anger relates to our adoptees.
- **Lying, Cheating, and Stealing in Foster and Adopted Children:** Lying, cheating, and stealing are behaviors familiar to many parents and professionals. Fostered and adopted children are susceptible to acting out in these ways for very specific reasons. This presentation will focus on differentiating between normal developmental behaviors and those of trauma exposed children.
- **Coaching the Hurt Child:** Children who have experienced attachment breaks and abuse of any kind can pose challenges for foster and adopted parents. This training helps explain why hurt children resist traditional parenting models. We will provide parents and professionals with concrete strategies and interventions that can be effective for parenting these children.
- **Post Adoption Depression Syndrome:** The phenomenon of depression for adoptive parents, particularly mothers, is becoming more prevalent. The joy parents feel in anticipation of their new child can be quickly replaced with fear and doubt once the child actually enters the new home. This training is designed to provide information of the possibility of depressive symptoms emerging once an adoption is complete and what the signs of PADS are. It also addresses how parents can cope with this reality.
- **Transitions: Understanding the Impact on Adopted and Foster Children:** This training provides an understanding of the impact transitions have on children who have been in foster care, multiple placements and/or adoptive placements. The training explores the impact transitions have on these children and provides strategies for supporting children during transitions.
- **The Voice of the Adopted Child:** This training is based on the book by Sherrie Eldridge. Twenty complex emotional issues—including grief and loss, identity, searching for birth parents, shame and many others—will be discussed. It is essential parents understand and know how to deal with these issues in order to help their child grow into a healthy adult.
- **Secondhand Trauma:** Social workers, therapists and parents who work with trauma survivors will be effected by the work they do. Repeated exposure to trauma stories can cause many difficulties, stresses and challenges in their lives. Workshop participants will learn how to recognize unhealthy responses to secondhand trauma and the warning signs of distress to electively process through difficult and traumatic work.
- **Adoption in the Schools:** This training is designed to address both parents and teachers. The parent section offers practical techniques for understanding and navigating the school system. The teacher section offers a practical tool kit for problematic assignments and sensitive issues regarding adoption and foster care in the classroom.
- **All About Adoption:** Adoption and the process of adopting are a mystery to many. This training provides answers to frequently asked questions such as who can adopt and what types of adoption options exist.

- **Effects of Transitions and Trauma on Child Development:** This training describes the impact disruptions in care can have on a child's ability to accomplish age appropriate psychosocial development. The training addresses what is considered "normal" development, what behaviors can be expected if children get "stuck" in an immature developmental stage, and what parents can do to support their child's development.
- **Childhood Disorders:** This training gives a brief overview of various disorders we often see in children who are in foster care. We will cover ADHD, Bipolar Disorder, Eating Disorders, Attachment problems and many others. For each diagnosis we will cover the definitions, possible causes, behaviors/symptoms and how to work with children who have these disorders.
- **Grief and Loss in Children:** All adoptive and foster children experience some degree of loss and in order to move forward, need to grieve their loss. This training explores the theoretical framework for understanding the grief process and offers practical suggestions of ways to work with children through the stages of grief.
- **Grief and Loss in Foster and Adoptive Parents:** Grief can often be triggered in foster and adoptive parents due to infertility, children transitioning from their home, and when dealing with heartache for a grieving child. This training helps identify the stages of grief and suggests practical tips for parents coping with this grief.
- **How to Talk about Adoption and Foster Care:** This workshop delivers practical strategies for parents and professionals in dealing with the sometimes tough situations that can be presented not only by children, but family and friends when inquiring about foster care and adoption. This training will equip parents and adoptees with quick and effective responses to questions about their personal situations in foster care and adoption.
- **Maintaining Sibling Connections:** This workshop explores the unique bond between siblings as well as ways to maintain this bond when out of home placement is necessary. The facilitator will address how strong the sibling bond is, what occurs when siblings are separated and which visitation practices maintain and strengthen the sibling relationship while complying with sibling placement policies.
- **Stress Management:** Foster and adoptive parents and professionals who work with families usually struggle with busy schedules as well as an array of concerns for those in their care. This training provides insight into the daily stressors we all encounter, how our perceptions help or hinder us and the means by which to regulate our stress responses.
- **Sibling Rivalry:** This training is designed to provide adoptive and foster parents with an understanding of factors that influence sibling rivalry in addition to providing techniques for parents in managing sibling rivalry while enhancing familial relationships.
- **Working With Adolescents:** This training is for both professionals and parents. The training addresses the developmental and neurochemical changes in adolescence that influence behavior. The training also provides suggestions for parents and professionals in their efforts to interact electively with adolescents.
- **The Importance of Healthy Attachment:** This training is for anyone who works with children who are at risk for attachment Issues— that is children who have had serious disruptions of care in the first four years of life, including separation from birth parents and/or multiple moves. We will discuss how such disruptions affect brain development, and how the natural attachment process helps a child develop empathy, cause and effect thinking and the ability to manage feelings.
- **Lifebooks:** A Lifebook provides a chronological history of one's life. Children separated from their biological families of origin may not have daily access to their own history and may experience gaps in their sense of time and events. This training is intended to help bridge those gaps and give the child a more complete version of who he or she is by capturing memories that could otherwise be lost.
- **Multicultural Placements:** Defines transracial adoption and prevalence of multicultural placements. This training will also identify the benefits and challenges of transracial adoption. It will address the special needs/issues of children in multicultural placements and recognize the developmental stages of racial identity. Lastly, it will review the skills; knowledge, attitudes, and resources families should have or develop in order to help children develop positive racial identity.
- **Child Abuse:** This training is designed to provide adoptive and foster parents with a general understanding of the common physical and behavioral signs of abuse (sexual, physical, emotional and neglect), as well as steps to take if abuse is suspected. The facilitator will cover the normative and problematic sexual behaviors in children as well as techniques to handle inappropriate behaviors.