

Brandy Pendleton

Trauma Free World

Setting the Foundation: Trauma and Its Impact on the Life of a Child

Trauma and its impact on the Life of a Child will set the foundation for understanding the impact of trauma on the whole child. You will have the opportunity to potentially reframe some behavior and start an introduction to new strategies to help us, as safe adults, move away from reacting to behavior and toward responding in a trauma informed way. Research estimates that 70% of the general population has experienced trauma at this point.

Trauma Informed Care is great for everyone - but it is an essential part of healing for those who have experienced trauma.

Jaclyn Swhear

Putting Your Best Foot Forward: Intentionally Integrating Strengths Into Parenting

Participants will be introduced to Natural Strengths Parenting™, an approach that enables adults to be intentional in caring for children, incorporate mindfulness to be present within parenting, and to focus on their and their family's innate gifts and strengths.

Participants will be invited to explore specific ways to incorporate strengths when taking care of children, which can assist in building resilience and enhance self-esteem.

Teri DeVoe

Life in Limbo

Have you ever wondered what it's like to be a child in foster care? How about a foster parent? Or a mom who loses her child to foster care?

Life in Limbo® is an interactive workshop by Fostering Great Ideas® that gives individuals that opportunity. In this role play about foster care, participants step into the shoes of birth parents, foster parents, and the displaced children, learning what it feels like to live their lives.

Jenni Cattran

Energy Psychology

Join Jenni Cattran for a holistic, hands-on experiential workshop! If you are intimately familiar with your mind, body, and spirit, you are likely to do a better job at recognizing and meeting your needs, resulting in improved self-care. With that goal in mind, Jenni will take you through a series of wellness, energy, and mindfulness activities to help you become more familiar with the subtle energies of the body so you can recognize when your body is dysregulated and intervene accordingly.

These activities will likely include therapeutic touch, mindful breathing, holds, acupoint tapping, massage, biofeedback, gentle physical movements, and regulating energy with the hands or tuning forks. You will be asked to do some of these activities yourself and some with a partner. One lucky participant will receive a tuning fork relaxation demonstration. If you are looking for a typical lecture where everyone stays in their seat, this is not going to be a good fit for you. This is an invitation for you to leave your inner skeptic at the door and experience something innovative and new!

This workshop is for you if...

- You are open-minded and ready for new ideas
- You are unafraid of “woo”
- You are comfortable with touch
- You are healthy enough for gentle physical movement
- You are interested in energy or touch based modalities such as Reiki, Healing Touch
- Energy Psychology, Massage, Reflexology, and more

This workshop is NOT for you if...

- You are uncomfortable with touch
- You are uncomfortable with “woo”
- You are highly skeptical and, in the mood to argue
- You show your discomfort through disruption

Jody Johnston Pawel

Taming Temper Tantrums

Almost all children have a tantrum at some time or another. How you respond or react can determine whether they happen again or get worse. Did you know there are only 4 types of tantrums? Once you know which type your child is having, you can respond helpfully instead of reacting. Discover why these 4 types of tantrums start, how to respond to each, and what to do with destructive tantrums. You'll also learn why time-outs don't work, and what to do instead.

Carolyn Morales

Concrete Behavioral Interventions

How does trauma impact a child's developing brain? What can foster parents do to help kids in foster care learn impulse control, improve emotional regulation, and get along better with peers? In the session, you will learn how trauma impacts attachment as well as concrete strategies to help manage the most difficult behaviors for kids in foster care.

Come prepared with real-life examples to workshop with fellow foster parents and gain new skills from shared collective wisdom.