



**CONCERNED PERSONS FOR ADOPTION (CPFA)
MINI CONFERENCE
WORKSHOP DESCRIPTIONS
April 16, 2016
(9:30 am – 2:00 pm)
(doors open at 8:30 am for registration and light breakfast)**

EMOTIONAL REGULATION

Bridget Devine, MSW, LSW will present a workshop on Emotional Regulation. For some adopted children, traditional parenting methods do not help to bring their challenging behaviors under control. Attachment disruptions, medical issues, and other traumas during their early years have impacted the development of the parts of the brain responsible for emotional regulation. During this workshop, you will learn the effects of early trauma on the developing brain, the negative belief system that drives your child's behavior, strategies to help your child to integrate the different parts of the brain in order to encourage emotional regulation and strategies for managing day to day challenging behaviors.

STAYING CONNECTED THROUGH THE TEENAGE YEARS

Bridget Devine, MSW, LSW will lead a discussion and specific strategies regarding how to remain emotionally connected to your child while setting age appropriate limits that keep children and teens safe. Also appropriate for parents of pre-teens.

ADULT ADOPTEE PANEL (HOLT INTERNATIONAL)

Adult adoptee counselors and other members of Holt International will discuss what it is like growing up adopted. This is an interactive session where the attendees are encouraged to ask questions and discuss issues and topics with the panel.

TRANSRACIAL ADOPTION

Dr. Behnaz Pakizegi, Ph.D., a professor of Psychology at William Paterson University, a clinical Psychologist in private practice and an adoptive parent, will discuss and share her experiences of parenting adoptive children of color. This workshop is appropriate for anyone currently parenting adoptive or foster transracial children or considering a transracial adoption.

POSITIVE PARTNERING, POSITIVE PARENTING

Laura Perry Bencivenga, an Adoption Coach and parent of two daughters, one biological and one adopted, will focus on the couple's relationship (or if an individual is adopting, on the relationship with family) and how they can strengthen this relationship which can be often tested after the adoption is finalized especially if the child has attachment/trauma or other challenges. In this workshop she will use her experience and expertise as an “Energy Index” coach to discuss the following:

1. Review of the grief process and what this looks like for many adoptive individuals and couples. Through the steps of grieving, parents begin to accept their loss and what it means to them.
2. An overview of “energy” or what attitudes we possess that impact how we “show up” in our relationships under typical conditions and then under stressful conditions. She will talk about how this can affect personal and family relationships through the adoption journey.
3. How to manage how you “show up” in these situations in order to build a more resilient, effective relationship and ultimately a happier family.

FUN AND GAMES

CPFA member Shauna Canter will lead the morning off with fun games for the kids before the other workshops start. This will be a great way to kick off the morning so the kids can start to get to know each other.

MOVEMENT WORKSHOP FOR KIDS

Presented by Maya Milenovic Workman, the Artistic Director of Montclair Academy of Dance Laboratory of Music. During the session with Ms. Maya the children will experience: movement, rhythm patterns, spatial orientation, and listening to music. They will be asked to imagine and move according to what they imagine. If there is time, Maya will show them paintings, and asked to express what they see. Ms. Maya works with developing creative and critical thinking through movement, rhythm and drumming in Montclair, New Jersey. She follows Howard Gardner's philosophy that "every child has a gift." For that reason she believes that every child can behave, grow and develop their school work with more precision and self-confidence by adding dance, music, and art.

ADULT ADOPTEE PANEL WITH HOLT INTERNATIONAL FOR KIDS (Two sessions, ages 7-9 and ages 10-13)

The Holt International camp counselors, which work with children at Holt camps during the summer, will incorporate games and activities while discussing adoption topics and any other topics the kids might want to discuss. This is a kids only workshop.

YOGA FOR KIDS AND PARENTS

Yoga is just as good for your mind as it is for your body. Yoga can help lower stress levels, help with self regulation and connect more deeply with your inner self. This is a fun and interactive introduction to Yoga for the kids along with their parents. In this session the Yoga teacher, Lisa Unger will go over basic Yoga poses and breathing techniques. This will be a 30 minute workshop.

ART THERAPY FOR KIDS

This is a hands-on workshop intended for children however, parents are welcome (but not obligated) to participate with their children. All children are creative, and they find it easier to express themselves through art. Susan Glaser, MSW, will have the children listen to music and interpret the music into artwork allowing them to process and manage their feelings. This is a 30 minute workshop.