



CONCERNED PERSONS FOR ADOPTION (CPFA)
MINI CONFERENCE
WORKSHOP DESCRIPTIONS
April 18, 2015

MINDFUL PARENTING

One of the things that make parenting so difficult is that you love your children, and often responding emotionally rather than rationally can make a problem worse. Adoptive parents can face complicated challenges which require thoughtful and deliberate responses. This workshop will review approaches that lead to cooperation and harmony within the family. Presented by Dr. Steven Tobias, Psy.D., author of *Emotional Intelligent Parenting*.

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. Presented by Bridget Devine, MSW, LSW.

THERAPLAY: HOW IT HELPS TO PROMOTE ATTACHMENT AND BONDING

A secure attachment style is important to human development. Adopted children can experience many relational breaks or inadequate care in their early years of development, greatly affecting their ability to form trusting and secure attachments. One of the ways adoptive parents can help to foster trust and bonding is through play. Presented by Kate Langhart, MSW, LCSW, will discuss Theraplay, a specialized interactive play therapy that involves both child and parent. Theraplay helps to create secure attachment, trust, and loving, affectionate relationships. Kate will speak about the importance of a secure attachment style and how it effects one's life long relationships. She will also discuss and teach different Theraplay activities you can do at home with your child to help enhance your attachment.

ONE SIZE FITS FEW

Children who have experienced trauma or disrupted attachment often have unique learning and behavioral and homework needs. Unfortunately, few teachers and administrators in NJ understand these unique needs. Workshop attendees will learn to recognize the unique needs of their children and understand how to translate those needs to teachers and administrators. There will be plenty of time for parents to ask questions about their child's school experience. Presented by Melissa Sadin, MAT, M.Ed.

PUMP AND PLAY: EVERY CHILD IS AN ATHLETE (2 sessions, ages 7-9 and 10-12)

Every child can learn to own their movement space with confidence. The empowerment of being able to move well brings a sense of freedom and control. Kids will experience a new kind of “gym” utilizing the principles of Applied Functional Science and the program “Free 2 Play”. Giggles will abound during this fun session of learning, moving, games and team work. Presented by Godelieve Babey, Certified Physical Trainer, Inclusive Fitness Trainer and founder of Be Fit Anywhere, LLC.

THERAPLAY GAMES AND ACTIVITIES FOR PARENTS AND CHILDREN (all ages)

During this 30 minute session, parent and child will interact, play games and do fun activities together that fosters trust, bonding and attachment. Kate Langhart, MSW, LCSW and Leanne Hershkowitz, M.A./Ed.S, NCC, LPC will lead the activities and show how it is possible to do them at home. There is a space limit for this session, one child per parent please. It is recommend that the parent attends the Theraplay Workshop, presented by Kate Langhart, before this session.

ADOPTION STORY READING AND DISCUSSION (for ages 7-9)

Susan Glaser, LCSW, will read to the children age appropriate, adoption related books such as *The Red Thread*. Susan will then lead the children in discussion about the themes and the characters of the stories, opening a pathway for the children to discuss their stories and feelings and what it means to be adopted.

ADULT ADOPTEE PANEL (for children ages 10-12)

Kate Hamilton, LSW, clinician for Children’s Aid and Family Services and adoptee will lead a discussion about adoption to children ages 10-12. Kate, along with her brother Jesse and their friend Ally (all adoptees) will share with the children their stories about what it is like growing up adopted. This is an interactive session where the children are allowed to ask questions, share their stories, loves, and worries in a non-threatening, non-intimidating environment.

ADOPTIVE FATHERS PANEL

A panel of adoptive fathers will share their stories, concerns, and successes as adoptive fathers. Each father has experienced a different process in forming their family. This will be an interactive forum. Don’t miss this rare perspective from a father’s point of view.