

Adoptive & Foster Family Therapy Certificate Program

A series of advanced, evidence-based courses on specialized theories and practices for treating adopted and foster children and their families. Relevant for those working with children and families impacted by adoption, foster care, and relative care, and by child abuse, trauma, and neglect.

Program objectives:

- Increase effective, accessible, and affordable mental health support for adopted/foster children & their families
- Prepare adoption-competent professionals skilled in using evidence-based strategies for the emotional, behavioral, and mental health issues of children with histories of abuse, trauma, and neglect
- Reduce the risk of adoptive, foster & guardianship family dissolution and disruption

Priority Registration

This program is primarily intended for Oregon mental health professionals who are licensed, in supervision for licensure, or non-licensed therapists who are practitioners in agencies licensed to provide mental health services. Those who provide treatment to the targeted audience and accept Oregon Health Plan (OHP) will have priority seating. The program is available **statewide** but priority seating is available for those in Eastern, Southern, Coastal, and Central Oregon. Oregon Child Welfare Professionals and therapists from out-of-state will be accepted as seats are available. Please see our website for further information.

Mental Health Professionals

The series provides mental health professionals with the therapeutic skills necessary to:

- Identify & enhance adoptive & foster care families' strengths and resiliencies to support their children
- Treat the mental health issues of children with histories of child abuse, trauma, and neglect
- Guide adoptive and foster families in developing alternate approaches, expectations, and interactive strategies for helping their children thrive
- Provide accessible mental health services to adoptive and foster families

Admission Process for Therapists

There is no application or admissions process for taking an individual workshop or course. An application is only necessary to earn the certificate of completion and be listed in the directory. Applications are accepted throughout the year.

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Upon acceptance into the program, therapists will select which series they want to participate in; either September - January or February - June. Mental health therapists will receive a Certificate of Completion in Adoptive & Foster Family Therapy upon successful program completion. This training Certificate is a total of 70 CEU hours. It includes six courses [8 training days] and a 3 hour pre-assignment for each of the six courses.

For complete requirements,
visit cwp.salem.pdx.edu/adoption/index.html

Cost

Courses are free of charge to qualifying Oregon mental health professionals who provide mental health treatment for adoptive and foster children and families. If you are providing mental health treatment in another state, please see the registration page on our website for further information on applicable fees.

CEU Hours

CEU hours may be used toward Oregon and Washington counseling or social work licensure renewal. Check with your licensing board or professional association to verify.

Directory

Mental health professionals who earn the Certificate of Completion are part of a core group of clinicians available to serve adoptive and foster families throughout Oregon. The Directory is available on the program website.

<https://sites.google.com/pdx.edu/therapistdirectory/home>

Oregon DHS Child Welfare Professionals

This training series provides child welfare professionals with the advanced training necessary to:

- Recognize and encourage adoptive and foster care families' strengths and resiliencies to support their children
- Recognize the emotional, behavioral, and mental health issues of children with histories of abuse, trauma and neglect
- Support adoptive and foster families in developing alternate approaches, realistic expectations, and strategies for helping their children thrive

Child welfare professionals receive a Professional Certificate: Child Welfare Practice with Adoptive & Foster Families upon successful completion of all six courses [8 training days] totaling 70 hours. Courses are free for Oregon DHS workers, one course per series is available.

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SCHOOL OF SOCIAL WORK

CHILD WELFARE PARTNERSHIP

cwp.salem.pdx.edu/adoption/index.html

Courses

Building Resiliency and Stability for Adoptive, Foster and Kinship Families

Gary Mallon, DSW. Silberman School of Social Work at Hunter College

Adopted and foster children enter the family with a unique history. This class explores the core clinical issues and examines effective responses to families in crisis, including de-escalating child behavior problems. Learn about the common dynamics in troubled placements, including the stages of disruption, and how to intervene on multiple levels to assist children in developing an integrated, positive sense of self. Learn about the factors that are most likely to cause challenges for children and their families and interventions that promote family functioning and enhancing attachments in adoptive and foster families.

Fetal Alcohol Spectrum Disorder (FASD) and Other Drug Effects: Understanding & Application of a Brain-Based Approach

Diane Malbin, MSW. Founder of FASCETS

Professionals and parents must first understand the link between brain development and behavior before they can develop skills to support children who have neurological challenges. Fetal Alcohol Spectrum Disorders and other alcohol-and-drug-related neurological disorders can shape a child's behavior and relationships. This class identifies the common phenomenon of children accumulating numerous DSM diagnoses, which suggests the greater likelihood of underlying brain involvement. Explore the importance of identifying FASD to assist families in reframing behaviors and understanding primary and secondary behavioral symptoms. Learn skills for coaching families to develop accommodations for their neurologically impaired child.

Impact of Complex Trauma on Neurological and Physiological Systems: Family-Based Therapeutic Strategies to Support Healing Strategies [2-days]

Kelly Pratt, LICSW. The Trauma Center at JRI, Brookline MA

Often, adopted and foster children exhibit behavioral challenges, learning challenges, and other special needs that defy traditional parenting techniques, tax educational and social services, and exact a toll on the child and family. This session provides a detailed framework for understanding the neurological and physiological impact of complex trauma, drawing on current research findings and integrating current literature into practical clinical interventions. Children and adolescents typically present with significant behavioral problems and relationship difficulties in special-needs adoptions. Emphasis is placed on practical ways for mental health providers to consult with...

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adoptive and foster parents on dealing with classic problems such as food issues, eating disorders, lying, stealing, sexually reactive behaviors, bedwetting, encopresis, sleep problems, anger outbursts, fire setting, and parentified behavior. Sessions will focus on understanding behavior problems in the context of the child's history of past exposure to maltreatment, integrating current literature on the impact of complex trauma on the body, and attention is paid to supporting healing in dysfunctional family roles. Numerous case examples illustrate practical interventions to use with a range of clinical presentations.

Treating the Continuum of Attachment Difficulties for Adoptive and Foster Families [2 days]

Deborah Gray, MPA, LICSW.
Nurturing Attachments, Kirkland WA

Attachment challenges are endemic to children who have experienced losses in attachment, dysregulation due to complex trauma, and early neglect. This course reviews attachment theory and research in child welfare, and then moves on to provide practical protocols for helping families to move into secure attachments. The class includes case examples and research from both domestic and international adoption. Participants will learn to assess attachment, will explore styles/patterns of attachment, will review practical interventions with families forming secure attachments, will learn methods of preserving attachment when children are moved between families, and will learn the essentials of treatment for attachment difficulties. The course will use techniques suited for children with executive dysfunction and/or FASD, including having parents and carers as part of the therapeutic intervention when working on attachment. This course will emphasize the interplay between parent and child attachment patterns, and ways to move families into secure attachments. We will describe the impact of emotional dysregulation on parents, and ways to encourage families to maintain sensitive, attuned interactions.

Essential Clinical Interventions for Adoptive and Foster Families

Deborah Gray, MPA, LICSW.
Nurturing Attachments, Kirkland WA

Learn clinical interventions for working with families raising children with complicated histories. Specific focus on engaging families, applying assessment information into treatment plans supporting kin, guardianship and adoptive parents, and therapeutic protocols for trauma, loss, and attachment. Learn approaches for family-centered therapy. Apply concepts of stress regulation, theory of mind, attachment, and pacing into treatment plans.

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Learn necessary accommodations for children with FASD and/or other learning issues common to experiencing severe neglect. Incorporate ethnic identity and cultural identity issues into the understanding of best treatment. Review evidence-based projects that work with attachment, trauma and loss. Learn behavioral management techniques that help families maintain sensitivity with structure. Apply information on trauma, loss, attachment, and identity through classic cases.

Life Story Work: A Model for Recovery for Youth

Richard Rose, AAP, MBA, BPhil, PGSWE, PQCCA, CQSW.
Director of Child Trauma Intervention Services Ltd. London England

Therapeutic Life Story Work enables children and young people who have experienced the trauma of child abuse and neglect, and who are struggling with the pain of their past, to reflect and develop compassion for themselves and move on. It is a defined approach, designed to introduce the past as markers for the present. Once these are understood, the child is supported in considering how to move on and make significant changes, as a result of a far deeper understanding and awareness of how their history has been negatively impacting their present. In essence, Therapeutic Life Story Work is not just about the who, what, where, when, and why, but how a painful past, if not reflected on and worked through, can go on to blight the present and future. Instead, if we can help children to think about their history of trauma and loss, to understand its origins and effects, we can identify and understand the 'ghosts of the past' so children are no longer haunted by them.

For course dates, program information, or to apply/register, visit us online: cwpsalem.pdx.edu/adoption/index.html

Child Welfare Partnership
626 High St. NE. STE 400
Salem, Oregon 97301

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