



CPFA
Concerned Persons for Adoption

CONCERNED PERSONS FOR ADOPTION (CPFA)
6th ANNUAL MINI CONFERENCE
WORKSHOP DESCRIPTIONS
October 14, 2017
9:30 am – 2:00 pm
(Doors open at 8:30 am)

West Orange Presbyterian Center
Social Hall
20 Old Indian Road
West Orange NJ 07052

STUCK NO MORE: A NEW LOOK ON PARENTING – Adult Workshop

Rebecca Gallese, LCSW, will present a parenting workshop. Frustration grows when parents feel that they have tried "everything" and still nothing is working. Anger, resentment, disappointment and shame increases for both the parent and child and relationships suffer. Traditional parenting techniques are often ineffective with adopted children. This workshop explores attachment focused parenting techniques that can be added to the parenting tool box.

A PARENTING WORKSHOP ON SEARCH AND REUNION – Adult Workshop

Elizabeth Hovemeyer, LSW, MSW, will present a parenting workshop on search and reunion. Adoption is an emotional journey that involves many people: adoptees, siblings, birth parents, adoptive parents, extended family members. Relationships are formed and changed through adoption. These relationships along with birth family history contribute to an adoptee's sense of identity. Adoptees, adoptive families and birth families often face challenges in trying to gain information about the adoption as well as in trying to reconnect. The purpose of this workshop is to provide an overview about why adoptees may search; information on private, public and online Adoption Registries; details and impact of the updated New Jersey Birthright Law; information about search and reunion resources and support services.

5 THINGS PARENTS SHOULD KNOW ABOUT ATTACHMENT AND COMPLEX DEVELOPMENTAL TRAUMA – Adult Workshop

Catherine Bianchi, PhD, Clinical Psychologist, will present a parent workshop which will address ways in which Complex Developmental Trauma and Attachment influence each other. The presence of safe and secure attachments in a child's life is critical to their overall development. These early experiences with the significant people in their lives provide children with a template for their future relationships and determine whether they perceive the world as a safe or a dangerous place. However, the experience of childhood trauma creates a serious disruption in the attachment process, which undermines the child's ability to form new attachments and leaves them vulnerable to failures in the ability to soothe themselves and regulate their behavior in typical ways. Behavior commonly seen in children with a history of attachment disorders and trauma will be discussed, as will the way these concerns affect new attachments in adoptive families. Time will be offered at the end of the presentation for a discussion with participants about resources and parenting strategies.

THE TIP TOP PROGRAM – Childrens' Workshop, 7-9, 10-14

Presented by Susan Merkel, MSW, LSW, the Tip Top Program helps your child cope with his/her feelings about being adopted and gives him a road map for deciding when and with whom he/she wants to disclose information. Preparing your child for those experiences is a valuable gift and will give them the tools and strategies needed to answer appropriately and confidently any unwanted questions or comments.

THE TIP TOP PROGRAM REVIEW FOR PARENTS – Adult Workshop

Presented by Susan Merkel, MSW, LSW. Susan will review the Tip Top program for the parents and discuss what the children learned. Susan will explain the different strategies and tools to use to help prepare your child to answer confidently unwanted questions or comments related to adoption.

PERSONAL ADOPTION STORY OF ATTACHMENT CHALLENGES AND HEALING – Adult Workshop

Melissa Burgess, adoptive mom and teacher, will discuss her personal story of adopting her older child and their journey of attachment challenges and healing. Melissa will talk about her experience of what worked for her family. In this interactive presentation Melissa will share suggestions and resources as well as discuss the importance of healing your own past in order to move forward.

ADOPTIVE PARENT PANEL – Parenting Children with Social, Emotional and Learning Challenges – Adult Workshop

This adoptive parent panel will discuss parenting children with learning, social and other challenges. How they deal with challenges at home as well as school. This is an interactive workshop as the panelists will discuss personal stories, challenges and solutions that have helped.

YOUNG ADULT ADOPTEE PANEL – Two Sessions: One Adult and One Child Workshop (10-14)

This Young Adult Adoptee Panel will discuss what it is like growing up adopted. In this interactive workshop the panelist will share their personal stories and answer questions of the audience. This workshop will be offered to adults and in a separate session to children ages 10 and up.

FLIP OUT AND BACK TO CALM: UNDERSTANDING YOUR BRAIN AND FORTUNE TELLER STRESS RELEASE CRAFT ACTIVITY KIDS WORKSHOP (Two sessions, Children ages 7-9 and ages 10-14)

Cynthia Lapidus, BSW, CSW will lead a children's workshop to help children understand their own brain and how it responds to stress. Using "The Hand Model of the Brain" from Dan Siegel, children will be able to understand that once the "flip their lids" (shown using their hands) their brains can no longer "think." In adult terms, when a child or adult "flips their lid" they can no longer manage emotions, regulate, reflect, control impulses, have intuition, or be able to relate to other people. Thus, children need to find ways to calm down. In the workshop we will brainstorm ideas as a group for calming down, coping and stress release; essentially returning their brain to a calm state. The craft part of the workshop will utilize a traditional folding paper "fortune teller" on coping skills. The older children's workshop will allow the children to fill in their own favorite coping skills into the craft. The younger children will work on fortune tellers that are pre-filled with coping skill ideas. The children will color and fold into fortune tellers to take home.

FUN AND GAMES: The children will have an opportunity to socialize, play games and be creative.

PIZZA LUNCH: Both the children and the adults have an opportunity to network and socialize during our pizza lunch. We ask for a donation of \$1 per slice.

For Questions please contact: Wendy Paladini at ittwendy@yahoo.com