

# Training Announcement

## Live on the Internet:

### Online Training Courses for Foster/Adoptive Parents

#### Spring 2019

With online training, participating foster/adoptive parents receive instruction when convenient, through their home or office computers. These online trainings provide many of the key benefits of traditional face-to-face instruction. In the virtual classroom online, participants can listen to and speak with a live trainer, electronically “raise their hands,” and pose questions to the trainer or other participants. Text chat and other feedback tools are also available.

#### ***What do I need to participate?***

To participate in online trainings, interested parties must have

- a computer with Internet Explorer II, Chrome, or Edge Internet browser
- a computer or tablet with high-speed Internet access
- a headset with microphone (or computer speakers and a microphone)
- *WebEx* (provided free to registered participants)

#### ***What kinds of training are offered?***

Because online courses have been so well received, there are a variety of classes being offered. Most trainings are offered at least once during the day and once in the evening. The schedule of available times and dates for each training, along with course descriptions, is included in this catalog.

#### ***How do I register?***

Registering online is quick and simple. For more information or additional resources, or to register for training, visit:

<http://www.hslcnys.org/fosterparenttraining/>

It is important to note that when two or more people use the same computer to register for training online, *each must use a separate email address*. (Additional email addresses are available free from most Internet providers and through [Gmail](http://www.google.com/gmail) ([www.google.com/gmail](http://www.google.com/gmail)), [Outlook](http://www.outlook.com) ([www.outlook.com](http://www.outlook.com)), or [Yahoo](http://www.yahoo.com) ([www.yahoo.com](http://www.yahoo.com)).

### ***How will I know when I am registered?***

Upon registering, participants will receive an email confirming the title and date of their training, along with instructions on how to join the session.

### ***How will I get my training materials?***

Training materials are available for download at:

<http://www.hslcnys.org/fosterparenttraining/>

### ***Is there a training cancellation policy?***

Yes—and participants should keep in mind:

- If training is canceled, OCFS will notify affected participants via email through the primary contact persons. Every effort is made to offer all trainings as they appear in our training calendar, but we reserve the right to cancel any training for which there is insufficient enrollment.
- If a prospective participant must withdraw from a training after registering, he or she should notify Registration Services by email as soon as possible, at [CWregistration@ocfs.ny.gov](mailto:CWregistration@ocfs.ny.gov), or cancel registration by phone, at 716-398-5399, between 8:00 a.m. and 4:00 p.m. Except for in emergencies, cancellations should be made at least three business days before the scheduled training.

### ***What if I have questions?***

Participants can find answers and access technical support by contacting the OCFS *WebEx* technical-support staff, toll-free, at **1-800-810-1349**. Help is available any time before a training. Our technical-support staff will be happy to assist with the setup and testing of headsets, microphones, and speakers and to answer technical questions.

### ***What do I have to do to get credit for attending an online training?***

Participants must access and enter the *online* virtual classroom within the first 30 minutes of a training session. Those who do not will receive no credit for attending.

### ***Will I get a certificate after I complete an online training?***

Once participants have met all training requirements, they will receive, via email, a *Certificate of Completion*. Those who do not receive a *Certificate of Completion* or who lose it can contact Registration Services at [CWregistration@ocfs.ny.gov](mailto:CWregistration@ocfs.ny.gov) to request a duplicate.

The person designated as a participant's agency or LCDSS primary contact will receive a copy of that participant's *Certificate of Completion*. The contact person is usually the training coordinator for a participant's agency. Participants who are unsure whose name to enter should call their agencies and ask.



## Mad Is Not Bad! Understanding Anger in Grieving Children

**Instructor: Helen Shin**

The expression of anger is part of a healthy grieving process. It is part of the journey from hurt to healing. Yet, because it is often misunderstood, anger may not be allowed its full expression. When children in care are able to express their anger in healthy ways, it can become a great source of energy and positive action. This course will help participants distinguish between constructive and destructive anger, compare chronic and grief-related anger, and identify which needs children are trying to meet through anger.

## When Children Move: The Foster Parents' Loss Experience

**Instructor: Heather Dominguez**

Having a child in foster care transition out of the home can trigger stages of grief and loss in foster parents and children remaining in the home. This workshop will enable foster parents to better anticipate, identify, and cope with their feelings and make a plan to take care of themselves and their family members.

## Using the Helping Skills to Build Relationships

**Instructor: Heather Dominguez**

This class introduces foster parents to the building blocks of a helping relationship. It highlights the helping skills critical to effective interventions that promote the well-being of children, including the nonverbal and verbal skills needed to build positive relationships with children and their families. By the end of this class, participants will be able to:

- identify the building blocks of a helping relationship
- identify the nonverbal and verbal helping skills
- describe behaviors that demonstrate effective use of the nonverbal helping skills

## Positive Communication Skills for Foster Parents

**Instructor: Helen Shin**

Many patient and loving foster parents find that they yell, nag, or criticize more often than they want to when dealing with the challenging behaviors of children in their care. Based on the bestselling book *“How to Talk So Kids Will Listen & Listen So Kids Will Talk,”* by Adele Faber and Elaine Mazlish, this workshop will help foster parents avoid common communication pitfalls and make small but powerful changes in the words they use every day to

- help the child who is experiencing negative feelings
- express their own anger or frustration without being hurtful
- set firm limits and still maintain the child’s positive self-concept

## More Positive Communication Skills for Foster Parents

**Instructor: Helen Shin**

By popular demand, foster parents can explore more techniques from the bestselling book *“How to Talk So Kids Will Listen & Listen So Kids Will Talk,”* by Adele Faber and Elaine Mazlish. This workshop will focus on how foster parents can

- encourage autonomy
- use praise effectively
- free children from getting stuck in “roles”

This workshop will provide foster/adoptive parents guidelines for talking about loss and specific things they can say and do to help children of various ages understand their placement rationale.

## Supporting Attachment

**Instructor: Heather Dominguez**

This class uses the Cycle of Attachment model to help foster parents understand the foundation process of children's emotional development and health. The behavioral clues that identify healthy attachments are highlighted. Foster parents learn how to select and use parenting behaviors that support emotional security and attachment in children and how to identify behaviors that may signal unmet needs related to attachment.

By the end of this class, participants will be able to

- explain the meaning of the term “attachment”
- identify “red flag” behaviors that may signal unmet needs related to attachment
- choose to help a child build and maintain attachments to his or her birth family
- select and use parenting behaviors that will maintain and support a child's attachment to his or her birth family and foster family

### **Acknowledgment**

This material was developed under a training and administrative-services agreement with the New York State Office of Children and Family Services.

### **Disclaimer**

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