

One time opportunity - Register soon!  
**Adoption Competency Training**  
 In Iowa City, IA

**Treating Adoptive Families & Children with Reactive Attachment Disorder**

Provided by the Adoption & Attachment Treatment Center of Iowa & Therapeutic Parenting & Consultation Services

- ✓ 66 of the 84 hours will be instruction on unique Interventions & Tools; know what to do, & when.
- ✓ Earn enough hours to apply for "Registered Clinician" status with ATTACH. visit [www.attach.org](http://www.attach.org).
- ✓ Earn 84 hours of Continuing Education. General CE Credit approved by the University of Iowa.
- ✓ Instruction delivery: lecture, video-tapes of live sessions, reading, role-playing, practicing & modeling of techniques.
- ✓ Participants will be provided a free copy of Therapeutic Parenting for Traumatized Children© and A.T.T.A.C.H.E.D. Family Treatment Model™ Lesson Components. \*Adheres to ATTACH's White Paper
- ✓ Family & individual techniques for domestic & international adoptees.

Continue seeing clients *and* gain 84 hours of Adoption-Competent Skills!

	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>	9am-5pm each day
January		5	6	7	
February	1	2	3	4	
March	Feb 29	Mar 1	2	3	
April		19	20	21	

**Classes will only be cancelled in the event of a major blizzard. Please make sure you are available for the inclement weather make-up dates: May 14 Mon, 15 Tues, 16 Wed, 2012**

All classes will be held in Iowa City, IA at the Johnson County Fair Grounds 9:00am - 5:00pm

**Montgomery Hall 4261 Oak Crest Hill Road SE ~ Iowa City, IA 52246**

Description of Program: The Adoption Competency Training is an advanced and comprehensive training program for Therapists, Social Workers, Psychologists, and Mental Health providers who treat, or wish to treat families whose adoptive children have Reactive Attachment Disorder symptoms or diagnosis. Effective treatment requires much more than basic attachment treatment. Children who experienced abuse and/or neglect in the critical developmental period of birth to two years of age often have neurological damage, developmental delays of 4 years, complex trauma, an inability to regulate emotions, and sensory, processing and grief/loss issues. There is a critical shortage of adequately trained clinicians to treat adoptive families struggling to bond with children who cannot attach. In this program clinicians will learn how to make sense of and appropriately respond to the complex behaviors of developmentally traumatized children. Clinicians must be able to utilize and provide parents with alternatives to coercive and punitive techniques. Punitive techniques are not only ineffective, but harmful to children with histories of neglect and trauma. Effective therapy must include trauma-informed treatment and developmentally-targeted modalities. In addition, Therapeutic Parenting must be utilized for healing to occur. Clinicians will learn how to assess, diagnose, and effectively treat these struggling families. This will include treatment issues with adoptive parents who often experience vicarious trauma from parenting traumatized children. This class (78% of which is training on interventions & techniques) will prepare Clinicians to provide competent and effective treatment for every member of adoptive families.

*NOTE:* The course content is sequential and cumulative, therefore interested clinicians need to assure that they are able to attend all dates (as well as inclement weather make-up dates) prior to registering. While partial credit can be provided, the first 6 days are a pre-requisite for subsequent lessons. Participants need to understand that this is a rigorous training program that requires commitment, reading and practice between classes to establish competent skills to work with the complexities of adoptive families and children with Reactive Attachment Disorder.

About the Instructor: Denise L. Best, M.A. is a Licensed Mental Health Counselor and a Registered Clinician with ATTACH [Association for the Treatment & Training in the Attachment of Children] an international organization that requires extensive training and peer review for registration. Denise has worked with foster and adopted children and families for over 15 years. She has 455 hours of training in attachment, trauma and adoption-related issues. After attending extensive training and researching many different treatment modalities, as well as learning from the best teachers available - the hurting children, she developed a unique treatment protocol for treating adoptive families titled A.T.T.A.C.H.E.D. Family Treatment Model.™ Denise has also authored the most intervention-packed parenting manual titled *Therapeutic Parenting for Traumatized Children* © which has now been sold in five countries. Denise is an internationally recognized educator in the field of attachment, trauma and Therapeutic Parenting, and serves on the Board of Directors for the Attachment & Trauma Network.

What to expect during this training:

First of all, plan on having some fun - despite the seriousness of this disorder, it is a necessary skill to have if you are going to do this work on a daily basis. I have designed the training curriculum to assure that you are not sitting and staring at a PowerPoint presentation for days on end. Lecture time will be separated with breaks and opportunities to practice the skills and interventions (likely where some of the fun will happen). Practicing is **very** important. Parents who meet with me on a weekly basis often typically report an average of 4 months before they feel competent and at ease with Therapeutic Parenting.

We will be covering a tremendous amount of material during this program. You will be provided a recommended reading list for each module. You will have the opportunity to practice and watch me model the techniques during the training. However, the most important variable to integrating the new tools into your skill-set is to practice the techniques in between training sessions.

I chose this venue over a hotel meeting room for several reasons. The primary reason is that we will have an enormous space to spread out in the room for seating and practicing. The room where the training will occur is 42' x 74' which is about 3x the size of hotel conference rooms. You will not need to sit elbow to elbow. In addition, I reserved the downstairs kitchen and break area where we will have access to a full-size refrigerator and microwave, so feel free to bring your own lunch or individual food or beverage preferences. This also allows me to provide coffee, tea, sodas, bottled water and snacks whenever you need them, not just at specified break times. Gluten and Dairy-free snacks will be provided.

Please choose clothing that is casual and comfortable - layers are recommended for an additional degree of individual temperature control.

Audio or visual recording of this training is not permitted. I will be video-taping the entire program for future use, so if you have an emergency or become ill and cannot attend I can provide you with the content that you missed. However, these hours cannot be included in your total CEU's.

### Continuing Education:

General Continuing Education credits have been approved by the University of Iowa Center for Conferences for this entire program. The Center for Conferences is an approved provider of General CEU's and is responsible for maintaining the CEU database, which stores all credits awarded for each individual.

Many licensing boards will accept general CEU awards towards professional licensure and professional development. You should confirm with your specific governing board if General CEUs can be applied toward your discipline.

You must sign in at the beginning of the day, and sign out at the end of the day to be eligible for CEU credit.

Participants will be provided a Certificate of Attendance in addition to the CEU Certificate provided by the University of Iowa.

### Links to Licensing Board continuing education requirements:


Bureau of Professional Licensure website: <http://www.idph.state.ia.us/licensure/default.asp>

Select the Board for your license and then select "Continuing Education".

You can find general information about selecting continuing education programs and sponsors by clicking on the first link. Note: The same information found in this document applies to MH/M&F/SW/PSY

**IMPORTANT!** [Guidelines for Licensees: How to Select and Document Continuing Education](#)

You can find the requirements for your licensing board by selecting your Board and reviewing the Iowa Administrative Rules that apply specifically to your license.

[Click the link for the Iowa Administrative Rules](#)  that define and explain Continuing Education requirements for..... [Marital and Family Therapists and Mental Health Counselors, Social Work, or Psychology]

***NOTE: It is your responsibility to assure that the General CEU's provided by the University of Iowa's Division of Continuing Education - Center for Conferences and the content of this program will be accepted by your licensing board.***

Training will be held from 9:00 am - 5:00 pm. Break Refreshments provided. 1 ½ hour lunch on your own.

**January 5 Thu 6 Fri 7 Sat**

**Learning Objectives** - Upon completion participants will:

1. Understand the history of techniques that have been utilized to treat Reactive Attachment Disorder as well as the current theories and accepted parameters of practice.
2. Identify and describe normal brain development and the impact of en-uterine exposure to drugs and alcohol, as well as trauma and neglect on a developing brain.
3. Identify and describe childhood developmental tasks and the impact of trauma and neglect on completion of developmental tasks.
4. Differentiate symptoms of Reactive Attachment Disorder, Post Traumatic Stress Disorder, Complex or Developmental Trauma Disorder related behaviors from oppositional-defiant behaviors in children with Reactive Attachment Disorder.
5. Describe and appraise current Treatment Models and Modalities and have the ability to identify harmful treatment and parenting techniques.
6. Conduct diagnosis of related disorders utilizing appropriate assessment tools and DSM IV-TR to create developmentally appropriate and trauma-informed Treatment Plans for parents and child(ren).
7. Identify and assess Attachment Types in children and adults.
8. Identify and implement treatment techniques for unique emotional and mental health issues of adoptive parents.

**January 5 - Thursday Agenda**

9:00-10:30	History of treatment techniques for Reactive Attachment Disorder
10:30-10:45	Break
10:45-12:15	Normal brain development
12:15-1:45	Lunch on your own
1:45-3:15	Impact of en-uterine exposure to drugs/alcohol & trauma & neglect on brain development
3:15-3:30	Break
3:30-4:30	Normal & Interrupted Attachment Cycle. Therapeutic Parenting Part 1
4:30-5:00	Questions & Discussion

**January 6 - Friday Agenda**

9:00-10:30	Developmental stages & tasks
10:30-10:45	Break
10:45-12:15	Impact of trauma and neglect on completion of developmental tasks
12:15-1:45	Lunch on your own
1:45-3:15	Identifying symptoms: RAD, Complex Trauma, Developmental Trauma Disorder
3:15-3:30	Break
3:30-4:30	Current treatment models & identifying harmful techniques
4:30-5:00	Questions & Discussion

### January 7 - Saturday Agenda

9:00-10:30	Diagnostic criterion: DSM IV-TR, NCTSN, DTD
10:30-10:45	Break
10:45-12:15	Effective Assessment tools for children & attachment styles
12:15-1:45	Lunch on your own
1:45-3:15	Differential diagnosis & co-morbid conditions
3:15-3:30	Break
3:30-4:30	Assessment tools for adoptive parents & Attachment Styles
4:30-5:00	Questions & Discussion

### February 1 Wed 2 Thu 3 Fri 4 Sat

**Learning Objectives** - Upon completion participants will:

1. Recognize and explain the need for developmentally appropriate and trauma-informed treatment approaches, rather than compliance-based approaches in treatment and behavior management.
2. Create developmentally-targeted and trauma-informed Treatment Plans for children.
3. Identify and create Treatment Plans for unique issues related to adoptive parents and siblings.
4. Identify and demonstrate developmentally appropriate and trauma-informed treatment techniques for emotional regulation and identification and expression of feelings and needs with children.
5. Identify effective auxiliary treatment services for children and parents.
6. Identify and describe efficacy of psychotropic medications used for children with RAD.
7. Demonstrate the ability to execute and teach techniques from the *Therapeutic Parenting for Traumatized Children*® Manual authored and published by Denise L. Best.
8. Be able to perform differentiation of treatment sequences based on individual needs of the client.
9. Identify phases of the ATTACHED Family Treatment Model.™
10. Identify and describe the basic tenets of the treatment model.
11. Describe how to train adoptive parents on RAD, trauma, grief and loss, developmental delays.
12. List the steps to preparing parents and children for treatment.
13. Utilize interventions for assisting children in ability to identify and express feelings and needs.
14. Utilize techniques to assist children with increasing emotional regulation.

### February 1 - Wednesday Agenda

9:00-10:30	Creating developmentally-targeted & trauma-informed Treatment Plans
10:30-10:45	Break
10:45-12:15	Treatment Plans for Adoptive Parents and sibling issues
12:15-1:45	Lunch on your own
1:45-3:15	Auxiliary treatment techniques for parents
3:15-3:30	Break
3:30-4:30	Auxiliary treatment techniques for children including psychotropic medications
4:30-5:00	Questions & Discussion

### February 2 - Thursday Agenda

9:00-10:30	Window into the Internal Working Model of a Traumatized Child
10:30-10:45	Break
10:45-12:15	Therapeutic Parenting Training; 80% of healing happens here- Setting up for Success
12:15-1:45	Lunch on your own
1:45-3:15	Therapeutic Parenting Training; Increasing a child's sense of safety and security
3:15-3:30	Break
3:30-4:30	Therapeutic Parenting Training; Building a child's sense of trust with Parent
4:30-5:00	Questions & Discussion

### February 3 - Friday Agenda

9:00-10:30	Therapeutic Parenting Training: Building a child's sense of competency and worthiness
10:30-10:45	Break
10:45-12:15	Therapeutic Parenting Training: Special issues & Parent self-care
12:15-1:45	Lunch on your own
1:45-3:15	Treatment Protocol: Phases of ATTACHED Model, Differential sequence Att vs. Trauma
3:15-3:30	Break
3:30-4:30	Basic tenets of model
4:30-5:00	Questions & Discussion

### February 4 - Saturday Agenda

9:00-10:30	Training Adoptive Parents on RAD, Trauma, Grief/Loss, developmental delays
10:30-10:45	Break
10:45-12:15	Preparing parents and child for treatment
12:15-1:45	Lunch on your own
1:45-3:15	Attachment Therapy: Techniques for self-awareness, identifying & verbalizing feelings
3:15-3:30	Break
3:30-4:30	Attachment Therapy: Emotional regulation & relaxation techniques
4:30-5:00	Questions & Discussion

February 29 Wed March 1 Thu 2 Fri 3 Sat

**Program Objectives** - Upon completion participants will:

1. Identify and describe unique issues with adoptive parents, biological and adoptive siblings.
2. Identify and describe the different types and symptoms of trauma by age and developmental stages.
3. Identify and describe the different trauma treatment programs available to use in treatment and those referred to other practitioners.
4. Identify and describe the different types of grief and loss based on age and developmental stages.
5. Identify and demonstrate developmentally appropriate and trauma-informed family & individual therapy treatment techniques for attachment, trauma, grief & loss issues for children with RAD.
6. Identify and describe Therapeutic Parenting techniques specific to attachment, trauma, and grief/loss.

### **February 29 - Wednesday Agenda**

9:00-10:30	Attachment Therapy: Young/Dev-delayed therapy interventions & techniques
10:30-10:45	Break
10:45-12:15	Attachment Therapy: Older children therapy interventions & techniques
12:15-1:45	Lunch on your own
1:45-3:15	Attachment Therapy: Issues with adult attachment styles & couple dynamics
3:15-3:30	Break
3:30-4:30	Therapeutic Parenting for Attachment
4:30-5:00	Questions & Discussion

### **March 1 - Thursday Agenda**

9:00-10:30	Types of Trauma & Therapeutic Window of Tolerance
10:30-10:45	Break
10:45-12:15	Symptoms of Trauma by age & developmental stage
12:15-1:45	Lunch on your own
1:45-3:15	Sibling Trauma Bonds: Identifying & treating relational roles w/ Bio-Siblings
3:15-3:30	Break
3:30-4:30	Trauma treatment programs & Auxiliary treatment services
4:30-5:00	Questions & Discussion

### **March 2 - Friday Agenda**

9:00-10:30	Trauma treatment: Family Therapy techniques & interventions
10:30-10:45	Break
10:45-12:15	Trauma treatment: Young/Developmentally delayed techniques & interventions
12:15-1:45	Lunch on your own
1:45-3:15	Trauma treatment: Older children techniques & interventions
3:15-3:30	Break
3:30-4:30	Therapeutic Parenting for trauma
4:30-5:00	Questions & Discussion

### **March 3 - Saturday Agenda**

9:00-10:30	Types of Grief & Loss; Symptoms based on ages & developmental stages
10:30-10:45	Break
10:45-12:15	Grief & Loss: Family therapy techniques & Therapeutic Parenting for grief & loss
12:15-1:45	Lunch on your own
1:45-3:15	Grief & Loss: Young/Developmentally delayed techniques & interventions
3:15-3:30	Break
3:30-4:30	Grief & Loss: Older children Techniques & interventions
4:30-5:00	Questions & Discussion

**Program Objectives** - Upon completion participants will:

1. Identify and demonstrate techniques to develop age-appropriate social skills.
2. Identify and demonstrate techniques for assisting adolescents through the adjustment and developmental tasks of independence.
3. Describe the necessary Therapeutic Parenting shift from adolescence to independence.
4. Identify treatment techniques for identity issues and integration into peer groups, family and community. Development of a cohesive biography.
5. Describe techniques to educate teachers on the complexities of children with neglectful and traumatic beginnings. Identify behavior management techniques that are trauma-informed and increase trust.
6. Identify interventions for special issues in treatment with children: aggression, safe containment, non-responsive, avoidance, sexual acting-out, illegal behaviors and kinship placement issues: timing of visits with biological family members.
7. Identify interventions for special issues in treatment with parents: need for respite, understanding and support from extended family, abuse allegations, emotionally disengaged parents/secondary trauma, and divorce. Special issues with kinship placements.
8. Describe unique ethical and cultural issues common in adoptive families.
9. Identify the steps during the screening and intake process.
10. Describe the steps and stages of treatment from Intake to Discharge.
11. Describe other services common with adoption specialists; Intensives, Reactive Attachment Disorder Evaluations, Custody, Attachment and Bonding Studies.
12. Describe the ways to balance support for families between sessions and preventing Vicarious Trauma.

**April 19 - Thursday Agenda**

9:00-10:30	Social Skill development techniques; developmentally delayed & older children
10:30-10:45	Break
10:45-12:15	Working with Teens through adjustment to independence
12:15-1:45	Lunch on your own
1:45-3:15	Therapeutic Parenting shift to adolescence & independence
3:15-3:30	Break
3:30-4:30	Identity & Integration: Developing a cohesive biography
4:30-5:00	Questions & Discussion

### **April 20 - Friday Agenda**

9:00-10:30	Collaboration with school/daycare staff
10:30-10:45	Break
10:45-12:15	Special issues in treatment with children: Aggression/safe containment, non-responsive, avoidant, sexual acting-out, illegal behaviors, kinship placements & timing of visits with biological family members Severe pathology: Identifying need for higher level of TX & choosing appropriate facility
12:15-1:45	Lunch on your own
1:45-3:15	Special issues in treatment with parents: Respite, extended family, abuse allegations, emotionally disengaged, dissolution, secondary trauma, divorce Special issues with kinship placements
3:15-3:30	Break
3:30-4:30	Ethical & Cultural issues in adoptive families
4:30-5:00	Questions & Discussion

### **April 21 - Saturday Agenda**

9:00-10:30	Screening & Intake process
10:30-10:45	Break
10:45-12:15	Case progression from Intake to Discharge
12:15-1:45	Lunch on your own
1:45- 3:15	Other Services: Intensives, RAD, Custody & Attachment/Bonding Evaluations
3:15-3:30	Break
3:30-4:30	Balancing support for families between sessions & preventing Vicarious Trauma
4:30-5:00	Questions & Discussion

**Inclement weather make-up dates are**

**May 14** Mon, **15** Tues, **16** Wed, **2012**

### Closest Airports to Iowa City, IA

(CID) Cedar Rapids, IA	Eastern Iowa Airport	24 miles from venue.
(MLI) Moline, ILL	Quad City International Airport.	1 Hr 15 min from venue.

### Location of Training

Johnson County Fair Grounds - Montgomery Hall  
4261 Oak Crest Hill Road SE Iowa City, IA 52246

Map: To view a map to Montgomery Hall copy & paste this link to your browser: <http://mapq.st/sl6A8C>

### **Recommended Hotel Options**

**Best Western Canterbury Inn** (319) 351-0400 704 1<sup>st</sup> Avenue Coralville, IA  
<http://book.bestwestern.com/bestwestern/US/IA/Coralville-hotels/BEST-WESTERN-Canterbury-Inn---Suites/Hotel-Overview.do?propertyCode=16043>

### **Closest to the Coral Ridge Mall & many Restaurants**

**Holiday Inn Express** (319) 625-5000 970 25<sup>th</sup> Avenue Coralville, IA  
[http://www.hiexpress.com/hotels/us/en/coralville/crvia/hoteldetail?cm\\_mmc=mdpr- -TripAdvisor- -BizListing- -ex\\_crvia](http://www.hiexpress.com/hotels/us/en/coralville/crvia/hoteldetail?cm_mmc=mdpr- -TripAdvisor- -BizListing- -ex_crvia)

**Comfort Suites** (319) 338-3400 2431 James St. Coralville, IA  
<http://www.comfortsuites.com/hotel-coralville-iowa-IA113>

**Country Inn & Suites** (319) 545-8464 2571 Heartland Place Coralville, IA  
<http://www.countryinns.com/coralville-hotel-ia-52241/iacoral>

### **Highest quality**

**Sheraton Hotel** (319) 337-4058 210 S Dubuque St, Iowa City, IA  
Downtown Iowa City with parking garage  
[http://deals.sheraton.com/Sheraton-Iowa-City-Hotel-1282/so.htm?PS=PS\\_aa\\_NorthBosChi\\_Google\\_sheraton\\_iowa\\_city\\_ia\\_Exact\\_120810\\_NAD\\_FM](http://deals.sheraton.com/Sheraton-Iowa-City-Hotel-1282/so.htm?PS=PS_aa_NorthBosChi_Google_sheraton_iowa_city_ia_Exact_120810_NAD_FM)

**Marriott Hotel** (319) 688-4000 300 East 9<sup>th</sup> St. Coralville, IA  
<http://www.marriott.com/hotels/travel/cidic-coralville-marriott-hotel-and-conference-center/?pid=corptbta&scid=b661a3c4-9c47-48c8-9e13-75b66089dd79>

Need more information or assistance? Email Denise at [denisebest@mchsi.com](mailto:denisebest@mchsi.com)

**COST:** \$2,800 for 84 hours of specialized Adoption Competency training; **78% Interventions & Tools!**

A Deposit of \$800 is required. \$2,000 balance due by December 15<sup>th</sup>, 2011 to confirm Reservation.

**Payment and cancellation policy:** Full payment or an initial deposit of \$800.00 is required at the time of registration to reserve a place. The balance is due by December 15, 2011. \*Purchase Orders require \$25 processing Fee. Refunds, minus a \$75.00 administration fee are issued up to three weeks prior to the training date and must be received in writing. No refunds will be issued within three weeks of the training unless another participant is able to attend, or there is a documented medical/emergency situation. Email: denisebest@mchsi.com

**Registration & Payment ON-LINE:** If you cannot access the gateway, visit [www.shop.aatcofiowa.com](http://www.shop.aatcofiowa.com)

Or email me and I can send a "Request for Payment" via Paypal

**Mail-in Registration & Payment:** Print and complete this form and send with payment to:  
**Denise L. Best 1929 Keokuk St. Iowa City, IA 52240**

Please keep the top portion for important deadline information.

**Registration Form for "Adoption Competency Training: Treating Reactive Attachment Disorder"**

Name \_\_\_\_\_ PH # \_\_\_\_\_ AM AFT EVE

Check to use this Address for Credit Pmt    House/Apt #    Street Name    City    State    Zip

Current employer: \_\_\_\_\_ PH# \_\_\_\_\_

Check to use this Address for Credit Pmt    Building #    Street Name    City    State    Zip

Profession \_\_\_\_\_ Education Level: \_\_B.A. \_\_M.A/M.S. \_\_Doctorate. Degree \_\_\_\_\_

**PAYMENT PLANS**

- I will need CEU's for additional fee of \$30.
- I am paying the full amount now of \$ 2,700 w/CEU's = 2,730
- I am paying the deposit of \$800 to hold my Reservation:
  - I will pay the remaining \$2000 by 12-15-11 to finalize my Reservation w/CEU's = 2,030

**PAYMENT METHOD**     I am enclosing a check for \$ \_\_\_\_\_     Payment via Purchase Order\*Requires \$25 processing fee.

I am paying by Credit Card    \_\_Visa    \_\_MC    \_\_DISC # \_\_\_\_\_ EXP Date \_\_\_\_\_

CVC 3 Digit Code \_\_\_\_\_  
v Address above that matches card    Signature Authorizing Payment    Date

**Special Instructions** re: Registration or Payment? \_\_\_\_\_

OFFICE USE ONLY		FULL PMT _____ on _____	
Date Received: _____	CHK# _____	CC # Recvd _____	CHD _____ on _____
Run Balance of _____	on _____	Amt Paid: _____	Due _____