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## Transitions: When Children Have to Move

### Part I Morning Session: 9:00am to 12:00pm

Despite what can sometimes be described as heroic efforts, we can't stop children from having to navigate difficult transitions during their time in foster care. We CAN take important steps to ease these transitions, decreasing the risk of traumatic grief and increasing the possibility of resilience. Successful transitions require adults to be thoughtful, present, and attuned to children's needs. This workshop will cover the neurobiology behind why transitions are so challenging, what adults can do to lessen the trauma of a transition, how to support children through the intensity of their feelings related to another transition, and the importance of open, honest, and authentic communication with even the youngest of children.

## Grief in Foster & Adopted Children (and Families)

### Part II Afternoon Session: 1:00pm to 4:00pm

Foster Care & Adoption always begins with loss. Grief is inherent, although when and how children experience, express, and process their grief varies substantially. When parents, professionals, therapists and other helpers honor the grief inherent in foster care & adoption and understand the complexities of their losses, we open ourselves up to being more fully present for children to process their grief. This workshop will cover the losses inherent in foster care and adoption, grief related to adoption (including ambiguous loss), understanding why children grieve for abusive and neglectful families, supporting children through big, confusing, and overwhelming feelings, and how to notice if our own feelings may be being triggered and preventing us from being full present for children.

**About the Presenter:** Robyn Gobel, LCSW, is a psychotherapist specializing in adoption, attachment, and trauma. She is the founder of the Central Texas Attachment & Trauma Center. Robyn works with young children and their families, as well as adults. She is a speaker, trainer, and writer whose greatest superpower is being with people in a way that makes them feel seen, gotten, heard, and deeply cared for.



## ATTEND ONE OR BOTH SESSIONS!

Location	Time/Date	Training Site
Salem	Part I: 9am-12pm   Part II: 1pm-4pm <b>Wednesday, December 12, 2018</b>	Salem Hospital, 665 Winter Street SE, Building B Auditorium/Foyer (Basement Level), Salem, OR 97301
Portland	Part I: 9am-12pm   Part II: 1pm-4pm <b>Thursday, December 13, 2018</b>	Providence St. Vincent Medical Center, East Pavilion Souther Auditorium, 9135 SW Barnes Road, Portland, OR 97225
Portland	Part I: 9am-12pm   Part II: 1pm-4pm <b>Friday, December 14, 2018</b>	Portland Providence Medical Center, Cancer Center Amphitheater 4805 NE Glisan Street, Portland, OR 97213

Registration		DHS Professionals & DHS Foster Parents
	Transitions	<a href="https://ilearn.oregon.gov/dl.aspx?id=1D86B56B99674047A747660D4D8AB28B">https://ilearn.oregon.gov/dl.aspx?id=1D86B56B99674047A747660D4D8AB28B</a>
	Grief in Foster & Adopted Children	<a href="https://ilearn.oregon.gov/dl.aspx?id=42DA1F4CB1C349F68FDF905C910F80D1">https://ilearn.oregon.gov/dl.aspx?id=42DA1F4CB1C349F68FDF905C910F80D1</a>
		DHS Adoptive & Pre-adoptive Parents, Caregivers and Other Community Partners
	Transitions	Email ORPARC at <a href="mailto:orparc@nwresource.org">orparc@nwresource.org</a> or call 503-241-0799 / 1-800-764-8367, extension 11 (leave a voicemail).
	Grief in Foster & Adopted Children	

<b>Questions?</b>	Please contact OARE at <a href="mailto:oare@nwresource.org">oare@nwresource.org</a> or 1-855-445-1013. CEU's cost \$20 and are available by prearrangement with OARE!
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