

Family Foster Care Resource Update



February, 2012

In-Service Curricula

Assessing Appropriate Discipline Interventions	7
Burnout Protection	21
Common Sense Guide to Culture & Foster Care	27
Defensive Parenting	13
For Couples Who Foster.....	28
For the Emotionally Battered Foster Parent.....	10
Fostering the Sexually Abused Child	15
Jus'Talkin' Ain't Necessarily Communcatin'	4
Kinship Care	23
Leadership in Child Protection	9
Living With the Sexually Abused Child	17
Living in a Glass House	19
Managing Anger: Yours and Mine	22
Managing Depression: Yours and Mine	6
Managing Difficult Times in the Foster Home	5
"Mom, How Do I Get People to Like Me?"	3
On Separation and Loss	2
Our Home-Your Home	27
Preparing Foster Parents Own Children.....	16
Sensible Discipline	12
So, What <u>Can</u> I Do?	26
Substance Abuse	8
Team Building	11
The Ambiguous Foster Child.....	29
Therapeutic Foster Care.....	14
Twenty-Thirty Hours.....	24
Understanding Stress & Trauma in Foster.Care.....	25
When Setting Limits Hasn't Worked	20
101 Ways to Be a Better Manager:.....	18

#0298: On Separation and Loss: A Handbook for Foster Families

Jacob R. Sprouse, Jr.

On Separation and Loss: A Handbook for Foster Families provides a common sense definition to generic separation and loss issues, a discussion with coping strategies for the foster family as it deals with its separation and loss realities of placements and an overview of the array of parenting difficulties and challenges in effectively coping with the behaviors of children and youth stressed by their own separation and loss issues.

On Separation and Loss provides a solid foundation for skills building either in a group training format or as a self-instructional program for foster parents.

The curriculum goals include:

- Establishing a clear and practical definition for separation and loss.
- Understanding the significance of separation and loss on the youth's personal relationship with the foster parents.
- Symptoms vs. Problems as a guide to behavioral interventions.
- The importance of patience.
- Attitudes and Values which will assist the foster family to better cope with separation and loss.
- Various interventions and skills to be used in recognizing and managing the stress of separation and loss.
- Actions foster parents can implement to take care of themselves as they experience separation and loss in the foster family and with the child in care.

Specific skill objectives of the training program include:

- Foster parents will be able to identify and implement coping strategies for separation and loss situations which are generally accepted as part of "fostering."

- Foster parents will identify personal values and attitudes which will enable them to successfully manage the realities separation and loss as they occur in the foster home.
- Foster parents will practice skills to be used to better understand and manage behaviors resulting from separation and loss issues for the youth.
- Foster parents will explore actions they can take to help themselves cope with family's separation and loss.

#0298 On Separation and Loss: A Handbook for Foster Families \$6.50 Ea. 10+ \$5.55 Ea.

#0299 On Separation and Loss: A Handbook for Foster Families: Trainer's Guide

To support and enhance the group training process, the Trainer's Guide provides:

- information on adults as learners;
- suggested training format;
- specific trainer's tips in support of the workbook content;
- a set of transparency masters for the overhead projector or as a guide for preparing flip charts;
- a CD containing the overhead masters in a PowerPoint presentation and a full color certificate of participation in .pdf format;
- a generic invitation to the training and a certificate of completion along with an evaluation form both designed to be reproduced and used by the trainer - all integrated within the workbook's content.

In addition, a copy of the workbook is included with the Trainer's Guide.

Trainer's Guide \$25.00 Ea.

#0225: "Mom, How Do I Get People to Like Me?"

Charles E. Confer

Charles Confer's current series of curricula for foster families provides a solid foundation for skills building either in a group training format or as a self-instruction program for foster parents.

Training goals include:

- Foster parents will grapple with and come to understand the truth that an individual cannot "make" another person "like" them.
- Foster parents will understand and practice foster parent coaching/teaching skills and information that will assist foster children to successfully engage with peers.
- Foster parents will identify and discuss the youth's psychological needs, fulfillment of which will result in the youth's developing positive self-esteem, self-acceptance and self-assurance.
- Foster parents will identify and discuss foster parent coaching/teaching actions and skills which will ensure that the foster home provides a positive learning environment in which the youth can acquire and practice behaviors which lead to developing self-acceptance, self-approval and positive self-esteem.

Several points of content worth special mention: A foster parent cannot "empower" a youth or teen. The youth must learn methods and behaviors to satisfy his/her psychological needs for power, freedom, fun and love: When the youth learns to meet these needs through responsible behaviors, he/she will develop self-esteem, self-assurance and self-acceptance. Thus, the foster parent's job is to provide an environment in which the youth can learn the skills and behaviors to satisfy these needs. By providing a positive learning environment, the foster parent can help the youth to empower him/herself.

There are a number of generally accepted truths of life which assist individuals to get on more satisfactorily with people. Foster parents can help their foster children to get along with others by

teaching these fine points of "folk wisdom."

The real problem of "Mom how can I get people to like me?" is this: If the youth doesn't like him/herself, the chances are that self-esteem and acceptance by others will be lacking. So, the goal for foster parents is to conscientiously coach the youth in ways that the youth can learn to like him/herself.

When a youth learns to successfully fulfill his/her psychological needs, he/she will feel competent, strong and worthwhile to him/herself and others. The youth has no power over others to "make them like" him/her. To be complete, accepted and successful within the group of peers, the youth has to be competent within him/herself.

A very important component of this training is the presentation and discussion of the various foster parent coaching/teaching skills, attitudes and methods to ensure that the foster home provides a positive learning environment for the youth.

#0225 - Workbook \$6.50 Ea. 10+ \$5.55

#0226 "Mom, How Do I Get People to Like Me?" - Trainer's Guide

To support and enhance the group training process, the Trainer's Guide provides information on adults as learners, suggested training format, specific trainer's tips in support of the workbook content, a set of transparency masters for the overhead projector or as a guide for preparing flip charts, a generic invitation to the training and a certificate of completion along with an evaluation form both designed to be reproduced and used by the trainer - all integrated within the workbook's content. In addition, a copy of the workbook is included with the Trainer's Guide.

Trainer's Guide \$25.00

#0141: Jus' Talkin' Ain't Necessarily Communicatin' A Guidebook for Foster Parents Who Want to Strengthen Effective Communication in the Family

Charles E. Confer

The curriculum goals include:

- Understanding the definition of communication: The exchange of ideas, thoughts, knowledge and information.
- Identifying and practicing effective "Sending Skills"
- Identifying and exploring steps to eliminate ineffective sender skills.
- Understanding the importance of understanding the other person's message.
- Identifying and practicing effective "Receiving Skills"
- Identifying and exploring steps to eliminate the roadblocks that will obstruct or end the sender's communication.

Specific skill objectives of the training program include:

- The definition of communication as an exchange, a give and take and that the basis of good communication is a strong, positive interpersonal relationship.
- Foster parents teach communication skills to youth by modeling.
- Youth are not mind readers. Parents must own the responsibility to send clear messages.
- Be ready to listen any time you hear the youth's emotional temperature rise.
- Explore the methods to ensure that sender messages are clear and as "un-fuzzy" as possible showing cause/effect, strengthening subjective messages with objective material.
- The ineffective sender skills of Criticism and Blame and Commanding as well as Aggressive Questioning are so absolutely damaging that they must be emphasized.
- The notion of "tuning" into kids is important. So many times, parents are put off by the "words" the youth uses that the parents miss the "message." Help parents see that by responding directly to the "veiled message" they

may be missing the "real message" that the youth is trying to communicate.

- Identify the three signals which indicate that parental "receiving" or listening is essential.
- The listening, clarifying and "drawing out" skills are very important.
- The "roadblocks" or obstacles that the foster parent can throw up will most likely end the communication or direct the conversation into an argument. The "problem" is that these obstacles are so "natural." All of us use them. Help foster parents to see that the obstacles are damaging even though they seem to come "naturally."

#0141 Jus' Talkin' Ain't Necessarily Communicatin'- A Guidebook for Foster Parents \$6.50 Ea. 10+ \$5.55 Ea.

#0140 Jus' Talkin' Ain't Necessarily Communicatin' Trainer's Guide

To support and enhance the group training process, the Trainer's Guide provides:

- information on adults as learners;
- suggested training format;
- specific trainer's tips in support of the workbook content;
- a set of transparency masters for the overhead projector or as a guide for preparing flip charts;
- a CD containing the overhead masters in a PowerPoint presentation and a full color certificate of participation in .pdf format;
- a generic invitation to the training and a certificate of completion along with an evaluation form both designed to be reproduced and used by the trainer - all integrated within the workbook's content.

In addition, a copy of the workbook is included with the Trainer's Guide.

Trainer's Guide: \$25.00

#0211: **Managing Difficult Times in the Foster Home**

Charles E. Confer

This is the fifth in Charles Confer's current series of curricula for foster families. As with the initial four curricula, **Managing Difficult Times in the Foster Home** provides a solid foundation for skills building either in a group training format or as a self-instruction program for foster parents.

The curriculum goals include:

- Definitions and examples of what a "difficult time" actually is.
- The importance of maintaining a strong personal relationship with the youth
- Less is More as a guide to interventions.
- The importance of LISTENING
- Attitudes and Values which will assist the parent to manage the difficult times.
- Various interventions and skills to be used in managing difficult times.
- Actions foster parents can implement to take care of themselves as they manage difficult times in the foster family.
- Actions which may prevent difficult times from occurring in the family.

Specific skill objectives of the training program include:

- Foster parents will be able to identify and describe situations which are generally accepted as "difficult times."
- Foster parents will identify personal values and attitudes which will enable them to successfully manage "difficult times" when they occur in the foster home.
- Foster parents will practice skills to be used with youth to manage or prevent difficult times.
- Foster parents will explore actions they can take to help themselves cope with family "difficult times."

#0211 Managing Difficult Times in the Foster Home \$6.50 Ea. 10+ \$5.55 Ea.

#0212 **Managing Difficult Times in the Foster Home :Trainer's Guide**

To support and enhance the group training process, the Trainer's Guide provides:

- information on adults as learners;
- suggested training format;
- specific trainer's tips in support of the workbook content;
- a set of transparency masters for the overhead projector or as a guide for preparing flip charts;
- a CD containing the overhead masters in a PowerPoint presentation and a full color certificate of participation in .pdf format;
- a generic invitation to the training and a certificate of completion along with an evaluation form both designed to be reproduced and used by the trainer - all integrated within the workbook's content.

In addition, a copy of the workbook is included with the Trainer's Guide.

Trainer's Guide: \$25.00

#0115: Managing Depression: Yours and Mine

Charles E. Confer

Curriculum goals include:

- Understanding the differences between "feeling blue" and clinical depression.
- Help another person manage periods of "feeling blue" as well as contribute to the therapy of an individual who is clinically depressing.
- Coping with their own periods of "being down" or seasons of clinical depressing.

Curriculum content focuses on:

- Identifying the symptoms of depression.
- Differentiating between "feeling blue" and "clinical depression."
- Understanding depression as the result of a strong internal psychological conflict. This conflict affects one's physiology, emotions, thinking and doing behaviors.
- Clarifying the four reasons why people choose depressing.
- Identifying the strategies and interventions that can assist the other person to manage depressing. These strategies and interventions include:
 - a. The importance of the relationship,
 - b. Avoiding the Deadly5,
 - c. Problem solving skills,
 - d. Changing "negative" thoughts to positive thoughts,
 - e. The importance of "Doing" and adding "positive experiences" to life.
- Exploring how the participant can help manage his/her personal depressing by engaging the fifteen possible interventions/strategies/actions to combat depression.

**#0115 Managing Depression:
Yours and Mine: Workbook \$6.50 Ea.
10+ Copies \$5.55 Ea.**

**#0116: Managing Depression:
Yours and Mine: Trainer's Guide**

To support and enhance the group training process, the Trainer's Guide provides:

- information on adults as learners;
- suggested training format;
- specific trainer's tips in support of the workbook content;
- a set of transparency masters for the overhead projector or as a guide for preparing flip charts;
- a CD containing the overhead masters in a PowerPoint presentation and a full color certificate of participation in .pdf format;
- a generic invitation to the training and a certificate of completion along with an evaluation form both designed to be reproduced and used by the trainer - all integrated within the workbook's content.

In addition, a copy of the workbook is included with the Trainer's Guide.

#0116 Trainer's Guide \$25.00 Ea.

#0122: Assessing Appropriate Discipline Interventions: Choosing Effective Discipline

Charles E. Confer

Curriculum goals include:

- Enhance parental discipline skills and strategies,
- Learn to assess the appropriate level of the child's misbehavior or behavioral problem and
- Choose the discipline interventions that are appropriate for the specific level.

Curriculum content focuses on:

- The results of effective discipline
- The differences between discipline and punishment.
- Identification of the fourteen assessment tools used to identify the appropriate level of seriousness of the child's misbehavior.
- The method of self-evaluation through which parents may assess the effectiveness of current discipline skills and strategies
- The Four Levels of behavioral problems and discipline intervention.
- Discipline skills, strategies and interventions that are appropriate for each level.
- A review of basic effective discipline attitudes and beliefs.
- A special note about anger as a discipline skill.

#0122 Assessing Appropriate Discipline Interventions: Choosing Effective Discipline: Workbook \$6.50 Ea. 10+ \$5.55 Ea.

#0123: Assessing Appropriate Discipline Interventions: Trainer's Guide

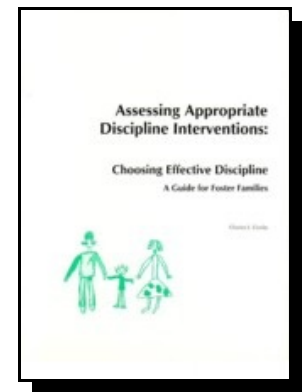
To support and enhance the group training process, the Trainer's Guide provides:

- information on adults as learners;
- suggested training format;
- specific trainer's tips in support of the workbook content;
- a set of transparency masters for the overhead

- projector or as a guide for preparing flip charts;
- a CD containing the overhead masters in a PowerPoint presentation and a full color certificate of participation in .pdf format;
- a generic invitation to the training and a certificate of completion along with an evaluation form both designed to be reproduced and used by the trainer - all integrated within the workbook's content.

In addition, a copy of the workbook is included with the Trainer's Guide.

#0123 Trainer's Guide \$25.00 Ea.



#0131: Substance Use and Abuse in the Home - And What to Do About It: A Guide for Foster Families

Charles E. Confer

Substance Use and Abuse in the Home - And What to Do About It: A Guide for Foster Families is written for the foster family and offers a common sense discussion of:

- substance use and abuse,
- definitions,
- substance dependence,
- substance abuse,
- withdrawal,
- occasional use,
- identifying the user,
- an overview of the common drugs and inhalants, and,
- specific suggestions for helping the youth who is using substance.

The companion Trainer's Guide provides a framework for using the Guide in group training sessions.

**#0131 A Guide for Foster Families, \$6.50 Ea.
10+ \$5.55 Ea.**

#0132 Substance Use and Abuse in the Home - And What to Do About It: Trainer's Guide

To support and enhance the group training process, the Trainer's Guide provides:

- information on adults as learners;
- suggested training format;
- specific trainer's tips in support of the workbook content;
- a set of transparency masters for the overhead projector or as a guide for preparing flip charts;
- a CD containing the overhead masters in a PowerPoint presentation and a full color certificate of participation in .pdf format;
- a generic invitation to the training and a certificate of completion along with an

evaluation form both designed to be reproduced and used by the trainer - all integrated within the workbook's content.

In addition, a copy of the workbook is included with the Trainer's Guide.

Trainer's Guide: \$25.00 Ea.

Leadership in Child Protection

When children's parents fail to appropriately and adequately care for them, their safety, permanence, and well-being become the community's responsibility. No single individual or agency can meet this extraordinarily complex challenge alone. The levels of creativity, continuous improvement, flexibility, informed judgment, adaptive change, and leadership required to protect your community's children do not reside within any single person or organization.

Leadership in Child Protection is, thus, not merely a matter of acquiring a fixed set of leadership skills and then working to perfect those skills. Rather, the knowledge, strategies, and competencies presented in this book are transformational at the individual, agency, and community levels. Not only will you realize a higher level of personal leadership excellence, your agency and your community will, through your commitment and contribution, become centers of excellence for safer children and stronger families.

At the community leadership level, you learn strategies and techniques for strategic planning, strategic communication, public value creation, authorization development, and operational capacity building. This dimension of leadership is presented within the context of the community's Children's Safety Net and a research-based understanding of the public's perceptions of and expectations for child protection. Included is a family based, neighborhood centered practice model that incorporates and applies the key community leadership concepts and skills.

At the agency leadership level, you learn strategies and approaches for moving your agency toward being more mission driven, externally oriented, and opportunity seeking. Included are successful approaches to staff development, internal and external public relations, working with the media and interacting with reporters, agency self-evaluation, and continuous quality improvement.

At the personal leadership level, you learn critical concepts, techniques, and skills required to initiate and sustain the levels of adaptive change required to achieve the transformational shift from business-as-usual to an agency and community committed to doing the right things right, the first time, on time, every time, one child at a time. Within the context of adaptive leadership and personal excellence, successful approaches to team building, empowerment oriented management, proactive personal style development, and interpersonal effectiveness are presented for your consideration and day-to-day use in the real world of child protection.

Just as protecting your community's children is not exclusively the work of one individual or one agency, the information, concepts, strategies, skills, and techniques presented in this book are not the exclusive domain of child protection professionals, either public or private. Rather they are essential tools for every participant in the Children's Safety Net that each community develops and maintains to assure safety, permanence, and long-term success for its most vulnerable children and families. No longer is it acceptable to know better than we do. Instead, we must commit to excellence at the individual, agency, and community levels to achieve the quality outcomes our children deserve and must have, no exceptions, no excuses.

Leadership in Child Protection, through practical examples and real-world illustrations, helps you incorporate the tools you need to pursue your journey toward leadership excellence.

#0071 Leadership in Child Protection: Manual \$24.95 Ea.

Leadership: In Child Protection: Trainer's Guide

The Trainer's Guide for Leadership in Child Protection provides step-by-step instructions for in-service training activities for both agency staff and community professionals who work within the Children's Safety Net.

The training materials can be effectively used to increase and expand internal leadership and as part of a broader strategy for community development focusing on safer children and stronger families.

Using a training-of-trainers model, the sixteen-hour curriculum guide is divided into five content areas:

1. Introduction and Overview of Materials
2. Community Leadership
3. Agency Leadership
4. Individual Leadership
5. Handouts and other visual aids.

At the community leadership level, the Trainer's Guide shows you the most productive approaches for training others to:

1. Implement well-tested approaches to strategic planning, including creating collective visions, stakeholder mapping, and determining priorities
2. Innovate through strategic communications
3. Incorporate research-based information to drive decision-making
4. Create public value for the Children's Safety Net
5. Ensure the Children's Safety Net flourishes in their communities
6. Increase the success of community-based initiatives by incorporating key community leadership concepts and skills

At the agency leadership level, the Trainer's Guide provides you with well-tested strategies for training people to:

1. Move their agencies toward being mission driven, externally oriented, and opportunity seeking
2. Empower staff leadership at all levels of the organization
3. Interact successfully with the media
4. Develop an agency-specific public relations plan
5. Improve their agencies through self-evaluation

At the individual leadership level, the Guide teaches you how to train others to:

1. Recognize the knowledge, skills, and characteristics of adaptive leaders
2. Assess participants' current leadership capacity
3. Expand personal leadership skills using the Excellent Systems Model

The Trainer's Guide is published in a three ring binder format and includes one copy of the manual: Leadership In Child Protection.

#0072 Leadership In Child Protection: Trainer's Guide \$65.00 Ea.

#9920: For the Emotionally Battered Foster Parent: Strategies and Techniques For Coping With Behaviorally Challenging Children

James and Sarah Stewart
and Dr. Paul Thompson

“Several years ago we were speaking with a friend about the defiant and passive-aggressive behaviors of a foster daughter that were emotionally draining us. Our friend was genuinely sympathetic and said she was sorry that we were battered.

Her choice of the word *battered* startled us. We had never heard the term used in reference to a foster parent. However, it is certainly possible for the stronger, more powerful person in a relationship to be made uncomfortable, mistreated, or abused by a weaker person, even a child. If the mistreatment is on-going, with no improvement over time, or if it escalates, the recipient is indeed emotionally battered.

Through our family journey we have learned that even though parents and foster parents are expected to be the strong ones, the providers and nurturers, we have needs that must be recognized if we are to carry the family. By addressing these needs, we can improve the quality of life. We hope that at least a few of the suggested coping strategies will be relevant and helpful to each foster parent who reads this manual.

Many voices of other emotionally battered foster parents who have lived with the demands, challenges and pain speak from these pages of their experiences and adaptations. Special thanks to them.”

The manual addresses:

The Definition: The Roots of Challenging Behavior: Questionnaire - Are You an Emotionally Battered Foster Parent?

Professional Help: Professional Diagnosis, Counseling, Medication.

Grieving: Stages of Grief.

Acceptance: Allow Negative Thoughts; Accepting

Dysfunction; The “Serenity” Approach; Be a Realist; Accepting Censure.

Setting Boundaries: Personal Time Away from Your Child; Day to Day Privacy; Separate Family Outings; Boundaries Are Self Protection; Last Resort-Segmentation.

Additional Ways to Ease the Path: Break the Norman Rockwell Mold; Let Things Slide; Glossing; Slow Down Expectations for Solutions; Emotional Detachment; Peace in the Midst of Turmoil.

Considerations for Teen Years: The Teen Passage; Control/Power Struggles; Moving Toward Independence; Profanity; Pressing Unruly Charges.

Just For You: Redefining Yourself; Cultivate the New A Silver Lining; Take Pride in Your Child; A Benefit; Look to the Future.

#9920 For the Emotionally Battered Foster Parent: Manual: \$7.50 Ea., 10+ Copies @\$6.60 Ea.

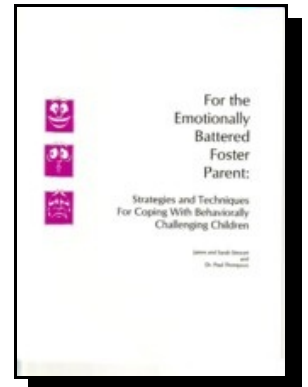
#9921 For the Emotionally Battered Foster Parent: Trainer's Guide

To support and enhance the group training process, the Trainer's Guide provides:

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- a generic invitation to the training and a certificate of completion along with an evaluation form both designed to be reproduced and used by the trainer - all integrated within the workbook's content.

In addition, a copy of the workbook is included with the Trainer's Guide.

Trainer's Guide, \$35.00



#9930: Team Building: A Work-book for Foster Families and Social Workers

Donna Gillespie Foster

The word "team" is very common in the English language. We hear about athletic teams, business teams, community teams, professional teams and the like. We hear people proclaim that they are a part of a "team."

The reality is that many people consider themselves a member of a team but when ask to describe or define their "team" or their roles as team-members they come up empty. The word "team" is used frequently but without any clear, functional definition of what it is or how it works.

This workbook discusses being a part of a "team." What is a team and how do we know we are in a solid, goal oriented group? Is being on a team something we "talk" about or is it something we "do?"

The workbook content includes:

- Chapter 1: Setting the Stage;
- Chapter 2: What is a Team?;
- Chapter 3: Roles and Responsibilities;
- Chapter 4: The Supervisor's Role in the Team Leadership;
- Chapter 5: Steps to Building a Team;
- Chapter 6: The Team's Realistic Expectations;
- Chapter 7: Developing the Plan;
- Chapter 8: Communicating as a Team;
- Chapter 9: How the Team Deals with Conflict
- Chapter 10: Evaluating the Team's Performance; and,
- Chapter 11: Team Recognition and Rewards.

#9930: TEAM BUILDING: A Workbook for Foster Families and Social Workers
\$7.50 Ea., 10+ Copies \$6.60 Ea.

#9931: TEAM BUILDING: Trainer's Guide

To support and enhance the group training process, the Trainer's Guide provides:

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- a CD containing the overhead masters in a PowerPoint presentation and a full color certificate of participation in .pdf format;
- a generic invitation to the training and a certificate of completion along with an evaluation form both designed to be reproduced and used by the trainer - all integrated within the workbook's content.

In addition, a copy of the workbook is included with the Trainer's Guide.

Trainer's Guide \$35.00

#2061: **Sensible Discipline: Handbook & Trainer's Guide**

Jacob R. Sprouse, Jr.

While the goal of Sensible Discipline is to contribute to the discussion that physical discipline is not only "not allowed" but is "non-effective," Sensible Discipline also promotes the concept that there are unlimited positive discipline alternatives available to foster parents, and here is a comprehensive "list" of some of those alternatives.

More than just a laundry list of techniques, Sensible Discipline focuses on:

- Similarities and differences between parenting foster parent's birth children and children placed in their foster care;
- Building a "bridge" of understanding between the foster family and the child-in-care; and,
- Developing and strengthening the bond of trust between the foster parents and the placing agency staff.

Specifically, Sensible Discipline offers:

- Building the case against physical discipline - what it is and why it never works;
- Understanding the differences between discipline and punishment;
- Expanding the traditional definition of discipline to focus on the uniqueness of the relationship between foster parents and the child-in-care;
- Understanding and effectively managing behavioral emergencies;
- Establishing goals of discipline;
- Understanding why children misbehave;
- Recognizing specific behavioral characteristics
- Developing a problem-solving model for understanding and effectively coping with each child's specific behavioral demands; and,
- An inventory of non-physical discipline alternatives.

Designed for a six to nine hour pre-service or in-service training program, Sensible Discipline may be integrated into any current educational program or offered independently as either a group training opportunity or individual foster family self-study.

#2061 Sensible Discipline: A Handbook for Foster Families: \$6.50 Ea., 25+ Copies \$5.55 Ea.

#2062 Sensible Discipline: Trainer's Guide

To support and enhance the group training process, the Trainer's Guide provides:

- information on adults as learners;
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- a set of transparency masters for the overhead projector or as a guide for preparing flip charts;
- a CD containing the overhead masters in a PowerPoint presentation and a full color certificate of participation in .pdf format;
- a generic invitation to the training and a certificate of completion along with an evaluation form both designed to be reproduced and used by the trainer - all integrated within the workbook's content.

In addition, a copy of the workbook is included with the Trainer's Guide.

#2062 Trainer's Guide \$45.00 Ea.

#2060: The Foster Family Survival: Defensive Parenting - Curriculum & Workbook

Jacob R. Sprouse, Jr.

Designed for a six to nine hour in-service training program, Defensive Parenting may be integrated into any current educational program or offered independently as either a group training opportunity or individual foster family self-study.

Accepting the perspective that the potential of allegations of abuse "comes with the territory" of fostering, we must, as foster families, develop strategies that (1) reduce the potential that allegations will be made, and (2) once allegations have been made, reduce the damage to the foster parents and their family. The five modules of Foster Family Survival: Defensive Parenting present the opportunity for foster families to "fine-tune" their "family business" to both continue quality foster care services to children in care and to reduce both the potential for and impact of allegations of abuse.

I. Redefining the Role of Foster Parent: Case Advocacy - The Politics of Effective Foster Parenting

II. Back to the Basics: Understanding Agency Policies and Procedures

III. Knowledge is Power: Information Gathering-Record Keeping

IV. Developing Family Policy: Good Rules Make Good Sense

V. Keeping It Together: Knowing When to Say No and When to Say Enough

#2065 WORKBOOK:
\$7.50 Ea. 10+ Copies - \$6.60

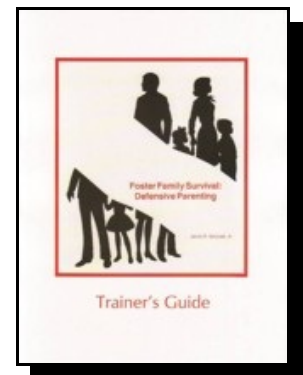
#2060 Foster Family Survival Defensive Parenting: Trainer's Guide

To support and enhance the group training process, the Trainer's Guide provides:

- information on adults as learners;
- suggested training format;
- specific trainer's tips in support of the workbook content;
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- a CD containing the overhead masters in a PowerPoint presentation and a full color certificate of participation in .pdf format;
- a generic invitation to the training and a certificate of completion along with an evaluation form both designed to be reproduced and used by the trainer - all integrated within the workbook's content.

In addition, a copy of the workbook is included with the Trainer's Guide.

#2060 \$60.00 Ea.



#9940: Therapeutic Foster Care: An In-Service Training Program for Foster Families

Gary A. Crow, Ph.D. &
Letha I. Crow, MSW

This curriculum for fostering families is presented in four sections: In Section One, foster parents develop their vision statements for children in care. They then learn about well-adjusted children. This section covers the most important areas of normal adjustment. They also consider how abuse and neglect affect children's adjustment.

Section One introduces the six major dimensions of child development. Within each dimension, participants consider the effects of abuse and neglect on developing children; they examine what abuse and neglect teaches children. What do children learn when they are maltreated, removed from their homes, and placed with strangers?

In **Section Two**, foster parents learn about the changing expectations for foster care. The curriculum describes how the changes happened and why they are important with an emphasis on "permanence" for children. Foster parents then consider "concurrent planning" using a case example to help better understand permanence and concurrent planning.

Section Three demonstrates that children with extreme behavior and emotional problems require more than therapeutic foster care. These children must have highly qualified, professional help. The curriculum covers the three major areas of maladjustment. These are stress and depression, school and learning problems, and interpersonal (relationship) problems. Foster parents learn the best approaches to helping children with adjustment difficulties in these areas.

Section Four applies the new knowledge and skills to case examples. Foster parents consider case examples of children who have been removed from their homes and placed into care. Helping these children get past the trauma and upheaval in their lives is complex. For them, therapeutic foster care is more than helpful. It's necessary.

Therapeutic care has good, traditional foster care as its foundation. The curriculum presupposes that the

readers understand the foster parent role and are familiar with the needs and special problems of children in care and are generally familiar with how to deal with children's typical behavior and adjustment problems. From this foundation, the curriculum focuses on a deeper understanding, new concepts and principles and new techniques and strategies. Mostly, though, foster parents are invited to think about abused and neglected children, about what life is like from the children's perspective, and about how they can do more than simply keep the children safe.

#9940 Workbook: #9940 \$8.50 Ea. 10+ - \$7.70 Ea.

#9941 Therapeutic Foster Care: Trainer's Guide

To support and enhance the group training process, the Trainer's Guide provides:

- information on adults as learners;
- suggested training format;
- specific trainer's tips in support of the workbook content;
- a set of transparency masters for the overhead projector or as a guide for preparing flip charts;
- a CD containing the overhead masters in a PowerPoint presentation and a full color certificate of participation in .pdf format;
- a generic invitation to the training and a certificate of completion along with an evaluation form both designed to be reproduced and used by the trainer - all integrated within the workbook's content.

In addition, a copy of the workbook is included with the Trainer's Guide.

Trainer's Guide \$45.00 Ea.

#9667: **Fostering the Sexually Abused Child: Trainer's Guide**

Donna Foster
Jacob R. Sprouse, Jr.

To support and enhance the group training process, the Trainer's Guide provides:

- information on adults as learners;
- suggested training format;
- specific trainer's tips in support of the workbook content;
- a set of transparency masters for the overhead projector or as a guide for preparing flip charts;
- a CD containing the overhead masters in a PowerPoint presentation and a full color certificate of participation in .pdf format;
- a generic invitation to the training and a certificate of completion along with an evaluation form both designed to be reproduced and used by the trainer - all integrated within the workbook's content.

In addition, a copy of the workbook is included with the Trainer's Guide.

#9667 - Trainer's Guide \$45.00 Ea.

#9668: Fostering the Sexually Abused Child: A Guide for the Foster Family

Offered in a workbook format suitable for group training or as a self-instructional resource, Fostering the Sexually Abused Child provides a discussion of the issue of child sexual abuse and strategies for effective discipline with the sexually abused child in foster family care.

The four sections of the Guide are:

Section I: What Is Child Sexual Abuse; Child Victims, Offenders, The Hidden Secret Why Children Don't Tell, Who Are The Abusers.

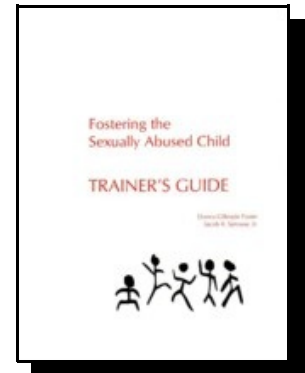
Section II: The Feelings And Behaviors Of Sexually Abused Children; Specific

Sexual Behaviors, Signals of Child Sexual Abuse, Normal Childhood Sexual Behavior, Foster Families Reaction to Inappropriate Sexual Behaviors, When Adult Witnesses are Involved.

Section III: Turning Failures Into Successes (Discipline); Touching, On Sexuality, On Communication, House Rules and Boundaries, House Rules and Boundaries Check List, Managing Sexual Behaviors.

Section IV: Caring For The Foster Home; Foster Family's Check List, Avoiding Allegations, Placement Check List.

#9668 - \$7.50 Ea.; 10+ Copies - \$6.60 Ea.



#9750: Preparing Foster Parents Own Children for the Fostering Experience: Trainer's Guide

Barbara Jordan

Preparing Foster Parents Own Children for the Fostering Experience is designed to promote the stability of the fostering experience for the foster family by decreasing the opportunities for conflicts between the child in care and the foster family's children. The curriculum is organized in a three session format with each session scheduled for approximately one and one-half hours.

Session One promotes skills to: Identify the members of the foster care system; Understand the basic roles of each member of the system; Identify reasons youth come into the foster care system; Understand necessity for confidentiality; and, Identify potential changes in family relationships with a new child in the household.

Session Two strives to: Identify a variety of feelings/behaviors /problems brought into the home by foster children; Identify why certain feelings can cause these certain behaviors; Suggest methods of coping with these behaviors; Plan ways to discuss various behaviors with parents; and, Clarify the difference between being a "snitch" and telling parents when something is wrong.

Session Three helps children to: Identify activities and situations that will be new for the new child; Describe ways to help the new child be comfortable in the home and community; Discuss reasons that parents will have less time to spend with "own" children, but recognize that the love is still the same; Identify stages of separation and loss; Describe the grieving process in age appropriate terms; and, Clearly define the goals of family foster care.

To support and enhance the group training process, the Trainer's Guide provides:

- information on adults as learners;

- suggested training format;
- specific trainer's tips in support of the workbook content;
- a set of transparency masters for the overhead projector or as a guide for preparing flip charts;
- a generic invitation to the training and a certificate of completion along with an evaluation form both designed to be reproduced and used by the trainer - all integrated within the workbook's content.

In addition, a copy of the workbook is included with the Trainer's Guide. **#9750 \$45.00**

#9755 Preparing Foster Parents Own Children for the Fostering Experience: A Handbook for Foster Parents

The companion handbook for *Preparing Foster Parents Own Children for the Fostering Experience* is suitable for either the group training format or as a self-instructional workbook for the foster family. The content focuses on an overview of the foster care system; reasons for placement; and, family dynamics with new placements. The handbook concludes with a series of behavioral vignettes offering the opportunity for family discussions about the real world issues the family will face as a foster family.

#9755-\$6.50 Ea. 10+ Copies - \$5.55 Ea.

#9751: Living With the Sexually Abused Child: A Curriculum for the Foster Parents Own Children: Trainer's Guide

Barbara Jordan

Developed as a sequel to Ms. Jordan's: *Preparing Foster Parents Own Children for the Fostering Experience, Living With the Sexually Abused Child* is organized in a three session format with each session scheduled for approximately an hour.

The curriculum content builds on the understanding achieved through *Preparing Foster Parents Own Children for the Fostering Experience* and provides the opportunity for the foster family's own children to:

- recognize the exposure to sexual abuse in the foster family,
- communicate comfortably about sex,
- understand specific sexual terms,
- differentiate between appropriate and inappropriate touch,
- utilize coping strategies for sexually aggressive situations,
- understand the necessity for sharing and communicating with parents, and,
- understand why abused foster children exhibit inappropriate behaviors and know some ways to help them change.

To support and enhance the group training process, the Trainer's Guide provides:

- information on adults as learners;
- suggested training format;
- specific trainer's tips in support of the workbook content;
- a set of transparency masters for the overhead projector or as a guide for preparing flip charts;
- a generic invitation to the training and a

certificate of completion along with an evaluation form both designed to be reproduced and used by the trainer - all integrated within the workbook's content.

In addition, a copy of the workbook is included with the Trainer's Guide.

#9751 Trainer's Guide: \$45.00 Ea.

#9756 Living With the Sexually Abused Child - A Curriculum for the Foster Parents Own Children: A Handbook for Foster Parents

The companion handbook for the curriculum: *Living With the Sexually Abused Child - A Curriculum for the Foster Parents Own Children* the format is suitable for both group sessions or for self-instruction.

#9756-\$6.50 Ea. 10+ Copies - \$5.55 Ea.

#0510 : 101 Ways to Be a Better Manager: A Short Course for Social Service Agencies

Gary Crow, PhD

101 Ways to Be a Better Manager focuses on twelve areas of managerial practice. The curriculum goal is twofold.

First, it is important to focus what you, the manager, do well, where your strengths are. Simply emphasizing these areas will make you a better manager—do more of what you do well.

Second, defining and attending to what you do less well also leads to being a better manager.

The twelve areas of focus include:

- Supporting and Furthering the Agency's Mission;
- Participating on the Management Team; Bringing
- Leadership to Your Level Within the Agency;
- Receiving Input from Others;
- Defining Tasks and Assignments;
- Delegating Responsibilities;
- Coordinating Resources; Supporting Subordinates;
- Problem-solving;
- Decision-making;
- Monitoring Activities; and,
- Disciplining Subordinates.

The curriculum is appropriate for social service managers, administrators, board members and supervisors of staff, volunteers and/or task forces and recruitment and retention committees. The

workbook is suitable for either group training or a self-instructional format.

#0510 \$7.50 Ea., 10+ \$6.60 Ea.

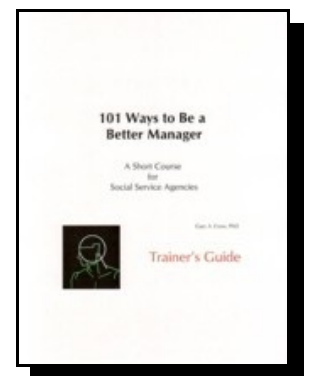
#0511: 101 Ways to Be a Better Manager: Trainer's Guide

To support and enhance the group training process, the Trainer's Guide provides:

- information on adults as learners;
- suggested training format;
- specific trainer's tips in support of the workbook content;
- a set of transparency masters for the overhead projector or as a guide for preparing flip charts;
- a generic invitation to the training and a certificate of completion along with an evaluation form both designed to be reproduced and used by the trainer - all integrated within the workbook's content.

In addition, a copy of the workbook is included with the Trainer's Guide.

#0511 Trainer's Guide \$25.00 Ea.



#9665: Living in a Glass House

Janette S. Hodge

From the time a child is placed in a home until well after they leave, a crew of professionals seem to form a circle around the foster family to offer their support and expertise - the community comes forward with donations and/or support, - the birth family watches with anticipation for their child's return. Foster parents must be sensitive and tolerant as advocates to ensure that the needs of the child in foster care are met.

The curriculum goal of ***Living in a Glass House*** is to acknowledge that the fostering experience is like no other family life experience. ***Living in a Glass House*** strives to educate and motivate both the social worker and the foster parent to work as a professional team, and, to include the birth family. It encourages permanent placement. ***Living in a Glass House*** advocates that the **team** has the interest of the child as its primary concern.

The curriculum is designed as either a pre-service or in-service training program for fostering families; the workbook is suitable for both group training or self-instructional formats. Issues addressed in the curriculum include: defining foster family care; motivations for fostering; setting family goals; family expectations; living in a glass house - who is looking?; job description and qualifications for fostering; the home study; what social workers need to know; what foster parents need to know; placements; anticipating child behaviors; and, the honeymoon is over - placement realities.

#9665 Workbook \$7.50 Ea., 10+ \$6.60 Ea.

#9666 Living in a Glass House: Trainer's Guide

To support and enhance the group training process, the Trainer's Guide provides:

- information on adults as learners;
- suggested training format;
- specific trainer's tips in support of the workbook content;

- a set of transparency masters for the overhead projector or as a guide for preparing flip charts;
- a CD containing the overhead masters in a PowerPoint presentation and a full color certificate of participation in .pdf format;
- a generic invitation to the training and a certificate of completion along with an evaluation form both designed to be reproduced and used by the trainer - all integrated within the workbook's content.

In addition, a copy of the workbook is included with the Trainer's Guide. **#9666- \$50.00**

#9660: **When Setting Limits Hasn't Worked**

Janette S. Hodge

With the ever increasing complexity of needs of children coming into care combined with the ever present strain of inadequate resources, greater and greater demands are being placed on traditional family foster care to provide more intensive, and specialized, placement services ... with the commensurate increase in exposure of the foster family to "wear and tear."

When Setting Limits Hasn't Worked addresses a number of factors that are barriers to traditional setting limits discipline techniques. These include: Examining the limits set - unrealistic or impractical limits invite failure; Food allergies are discussed and explored as to affects on children's behaviors; Influences - foster/adoptive family, birth family, health, peers, appearances - all impact the child's behavior; Genes - some inherited factors influence behaviors; Attachment Disorder - what it is and its impact on behavior; taking care of the care giver - a focus on the practical: how can you care for someone else if you cannot care for yourself; and , Letting Go - learning how to evaluate issues ... holding on to the important ones and letting go of the not so important ones.

The curriculum is designed as an in-service training program for fostering families; the workbook is suitable for both group training or self-instructional formats.

#9660 Workbook \$7.50 Ea., 10+ \$6.60 Ea.

#9661 When Setting Limits Hasn't Worked: Trainer's Guide

To support and enhance the group training process, the Trainer's Guide provides:

- information on adults as learners;
- suggested training format;
- specific trainer's tips in support of the workbook content;

- a set of transparency masters for the overhead projector or as a guide for preparing flip charts;
- a CD containing the overhead masters in a PowerPoint presentation and a full color certificate of participation in .pdf format;
- a generic invitation to the training and a certificate of completion along with an evaluation form both designed to be reproduced and used by the trainer - all integrated within the workbook's content.

In addition, a copy of the workbook is included with the Trainer's Guide.

#9661 Trainer's Guide -\$50.00

2030: Burnout Protection: A Survival Handbook for Foster Parents and Social Workers

Susan Meltsner, MSW

Burnout Protection will help you learn to "ride the waves" and protect yourself from the more debilitating outcomes of burnout. It seeks to assist you to understand what burnout is; understand what causes burnout; assess your own susceptibility to burnout; learn about the actions and attitudes that prevent or reverse the burnout process; begin to make choices and adopt behaviors that will protect you from burning out.

- Chapter 1: Burnout Defined**
- Chapter 2: Causes**
- Chapter 3: Self Assessment Strategies**
- Chapter 4: Stress: Ways to Fight Back**
- Chapter 5: The Burnout Protection Inventory**
- Chapter 6: Supportive Relationships and Time Management**
- Chapter 7: False Cures and Tips and Rules of Thumb**

**#2030 Handbook: \$6.50 Each;
10+ Copies-\$5.55**

#2031 Burnout Protection: Trainer's Guide

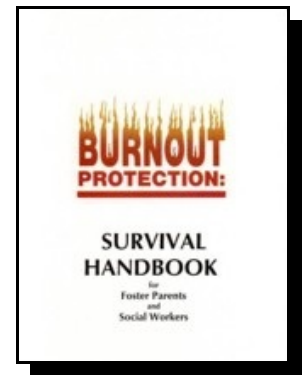
To support and enhance the group training process, the Trainer's Guide provides:

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- a set of transparency masters for the overhead projector or as a guide for preparing flip charts;
- a CD containing the overhead masters in a PowerPoint presentation and a full color certificate of participation in .pdf format;
- a generic invitation to the training and a certificate of completion along with an evaluation form both designed to be

reproduced and used by the trainer - all integrated within the workbook's content.

In addition, a copy of the workbook is included with the Trainer's Guide.

#2031 Trainer's Guide: \$45.00



#3351: Managing Anger: Yours and Mine: Trainer's Guide

Charles Confer

Managing anger is a teachable skill. We can assist people to manage their own anger, and can also teach skills people may use to help others cope with their angry behaviors in families, schools, businesses or professional practices. The Trainer's Guide presents procedures and methods which have proven successful in coping with people who are choosing angry behaviors and is designed to use Managing Anger: Yours and Mine as the participant's workbook in group sessions. The Guide presents a discussion of Why People Behave; Why People Choose Anger to Meet Their Needs; Managing Anger; and, Moving Beyond Anger. To support and enhance the group training process, the Trainer's Guide provides:

- information on adults as learners;
- suggested training format;
- specific trainer's tips in support of the workbook content;
- a set of transparency masters for the overhead projector or as a guide for preparing flip charts;
- a CD containing the overhead masters in a PowerPoint presentation and a full color certificate of participation in .pdf format;
- a generic invitation to the training and a certificate of completion along with an evaluation form both designed to be reproduced and used by the trainer - all integrated within the workbook's content.

In addition, a copy of the workbook is included with the Trainer's Guide.

#3351- Trainer's Guide \$30.00 Ea.

#0135 Managing Anger: Yours and Mine presents a comprehensive definition of anger - what it is and how it works - Who is the angry person? What is the angry person trying to accomplish? In answering these questions Mr. Confer builds skills in managing the other person's anger through defusing and negotiating techniques and, equally important, offers suggestions on managing our own anger.

#0135 Managing Anger - \$5.50 ea.

#2035 Managing Anger—Yours and Mine: The Next Steps

Charles Confer

First: Angering is a behavior. You can see angering.

Angering has an identity and a force. The behavior might be yelling, hitting, swearing, driving like a maniac, hurting, sulking, pouting, arguing, drinking, disobeying...or whatever-ing. Second: Angering is a behavior the individual chooses. No person or thing can "make" the individual be or do anything. The individual is responsible for the behaviors she chooses, and sometimes the behavior the individual chooses in an attempt to make his life more satisfying is anger. Third: Angering usually has something to do with a relationship that has gone awry. If the individual's relationships at school, in the family or at work are satisfying, the less chance there is for angering in his life. If the individual's personal relationships are damaged and she is "disconnected" from an important person (parents, teachers, bosses, spouse) angering may result. Fourth: When you meet an angering person you can be sure of this: Some where in the angering person's life there is a conflict. When a individual angers, I can be certain there is someone in the individual's life who is trying to make the individual do something she doesn't want to do...or the individual is trying to make someone else do something that person does not want to do...or the individual is trying to make himself do something he does not want to do. In my initial assessment, I ask the question: Where is the conflict? Who is trying to make whom do what? Who is using manipulative coercion in this individual's life? **Managing Anger—Yours and Mine: The Next Steps** is your resource for helping manage anger. **#2035 \$7.50 Ea., 10 + copies \$6.60 Ea.**

#3391 Notes to Staff: On Managing the Angry Client

In a "Notes to Staff" format Charles Confer provides the line staff person with an understanding of what anger is, what angry people really want and the skills needed to help manage the other person's anger. The workbook provides a series of "Notes to Staff" each followed by a worksheet that reinforces the information and skills to improve staff's ability to manage the angry client.

#3391 \$6.50 Each., 10+ Copies - \$5.55 Ea.

#0536 Managing the Adolescent's Angry Behavior:

Strategies and Tactics: Anger is often a very destructive force in one's life. Foster families, treatment families and staff well know what an insignificant altercation with a youth can be escalated into a major dispute if the helping person is not able to effectively manage the youth's anger. This monograph suggests strategies and tactics of intervention which will assist the helper to effectively manage a youth's angry behavior. **#336 \$4.50 Ea.**

#9610: Kinship Care: A Manual for Families

Charles E. Confer

This **Kinship Care** training program is designed to ease the tensions between carer and staff and to make the most of the training requirements for carer and the staff members...to the end that children who experience the loss of parental care can receive the best substitute care that is humanly possible. In order to embark on a successful kin-carer training program, staff members must keep in mind two objectives: (1) exercise and teach good social work practice skills; and (2) keep four "special" kin-care ideas or notions in the forefront of professional involvement and interaction.

The four special items are:

1. Remember that kin-carers often may experience greater or lesser amounts of shame and guilt.
2. Often kin-carers must be helped to manage anger. Most carers have reached that time in their lives when they had planned for freedom, relaxation, travel or retirement from family cares. They were looking forward to the leisure years and instead they are again washing diapers and supervising children.
3. Social work professionals must maintain an attitude of "partnership" with the carer. Workers cannot come into the kin-care home ordering, commanding and treating kin-carers as if they knew little or nothing about caring for the child.
4. Carer training material is to be presented in an environment that is free from criticism, blame and judgment.

#9610 Kinship Care: A Manual for Families ... provides a fourteen topical-chaptered text offering in-service instruction on fourteen issues common to the kincare parenting experience. The skills-based content of each chapter is equivalent to material covered during one to two

hours of face-to-face\ group training. **Kinship Care: A Manual for Families** may be used as the text in group instruction or as independent study. 72 pages. **#9610 - \$9.50 Ea., 10+ Copies - \$8.20 Ea.**

#9611 Kinship Care: Trainer's Guide

To support and enhance the group training process, the Trainer's Guide provides:

- information on adults as learners;
- suggested training format;
- specific trainer's tips in support of the workbook content;
- a set of transparency masters for the overhead projector or as a guide for preparing flip charts;
- a CD containing the overhead masters in a PowerPoint presentation and a full color certificate of participation in .pdf format;
- a generic invitation to the training and a certificate of completion along with an evaluation form both designed to be reproduced and used by the trainer - all integrated within the workbook's content.

In addition, a copy of the workbook is included with the Trainer's Guide.

#9611 - \$50.00 Ea.

TWENTY-THIRTY HOURS

An In-Service, Self-Instructional Training Program for Foster Families

Revised and re-issued in a loose-leaf binder, TWENTY HOURS provides a twenty topical-chaptered text offering in-service instruction on twenty issues common to the fostering experience. The skills-based content of each chapter is equivalent to material covered during one hour of face-to-face training. TWENTY HOURS may be used as the text in group instruction or as independent study; the Appendix includes a self-test for each chapter which can serve as a mail-in for training credit. Complimentary Certificates of Completion are provided with each ten or more texts. The loose-leaf binder format permits inserting additional reference or topical information. The 20 chapters are:

1. Introduction to Communication
2. Communication: Traditional Responses
3. Communication: Effective Responding Skills
4. Communication: Effectively Expressing Your Thoughts, Feelings & Needs
5. Discipline: Defining Discipline
6. Discipline: Negative & Ineffective Discipline
7. Discipline: Positive Discipline
8. Discipline: A Problem-Solving Approach
9. Managing Behavioral Emergencies
10. Helping Children Manage Anger
11. Children & Drinking Problems
12. Working With Biological Parents
13. Kids & T.V.
14. Stress Management
15. The Gifted Child in Foster Care
16. The Case Against Corporal Punishment
17. The Role of Foster Parents: Members of a Professional Team
18. Helping Children in Care Make Peace With Their Past
19. Helping Children in Care Improve Their Self-Esteem
20. Helping Children in Care Overcome Obstacles to Independence

#6059 TWENTY HOURS: loose-leaf notebook, standard 8.5" X 11" drilled format, binder is included. \$19.95 Ea., 10 copies+ \$17.00 Ea.; 50+ - \$14.00 Ea.

#6060 THIRTY HOURS: In-Service, Self-Instructional Training Program for Foster Families

The new THIRTY HOURS adds ten chapters to TWENTY HOURS in a single volume. The skills-based content of each chapter is equivalent to material covered during one hour of face-to-face training. THIRTY HOURS may be used as the text in group instruction or as independent study; the Appendix includes a self-test for each chapter which can serve as a mail-in for training credit. Complimentary Certificates of Completion are provided with each ten or more texts. The loose-leaf binder format permits inserting additional reference or topical information. The additional ten chapters are:

21. Angry Kids
22. Building Positive Self Esteem
23. Choosing Friends Wisely
24. A Handful of Hope and a Truckload of Work
25. Caring For The Care-giver
26. On Lying
27. Understanding Power Relationships
28. Avoiding the My Kid/Their Kid Trap: Tips for the Foster Family
29. School and Learning and the Foster Child
30. School and Learning: Tips for the Foster Parent

#6060 THIRTY HOURS: loose-leaf notebook, standard 8.5" X 11" drilled format, binder is included. \$24.95 Ea., 10 copies+ \$22.00 Ea.; 50+ - \$19.00 Ea.

#6058 TWENTY/THIRTY HOURS: TRAINER'S GUIDE

To support and enhance the group training process, the Trainer's Guide provides:

- information on adults as learners;
- suggested training format;
- specific trainer's tips in support of the workbook content;
- a set of transparency masters for the overhead projector or as a guide for preparing flip charts;
- a CD containing the overhead masters in a PowerPoint presentation and a full color certificate of participation in .pdf format;
- a generic invitation to the training and a certificate of completion along with an evaluation form both designed to be reproduced and used by the trainer - all integrated within the workbook's content.

In addition, a copy of Thirty Hours included with the Trainer's Guide.

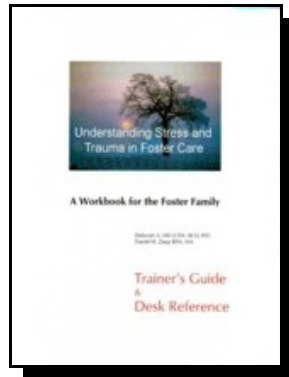
#6058 TRAINER'S GUIDE \$65.00 Each.

Understanding Stress and Trauma in Foster Care

#0600 Understanding Stress and Trauma in Foster Care: Trainer's Guide

To support and enhance the group training process, the Trainer's Guide provides:

- information on adults as learners;
- suggested training format;
- specific trainer's tips in support of the workbook content;
- a set of transparency masters for the overhead projector or as a guide for preparing flip charts;
- a CD containing the overhead masters in a PowerPoint presentation and a full color certificate of participation in .pdf format;
- a generic invitation to the training and a certificate of completion along with an evaluation form both designed to be reproduced and used by the trainer - all integrated within the workbook's content.



In addition, a copy of **#0601 Understanding Stress and Trauma in Foster Care: A Desk Reference** plus a copy **#0602 Understanding Stress and Trauma in Foster Care: A Workbook for Foster Families** are included with the Trainer's Guide.

#0600 Understanding Stress and Trauma in Foster Care: Trainer's Guide \$65.00Ea.

#601 Understanding Stress and Trauma in Foster Care: A Desk Reference

The *Desk Reference* has been designed for the social worker and administrator who work in foster care and adoption placement. The *Desk Reference* is an easy to use guide to assist the social worker in working with families who parent children with stress, trauma and related issues. The *Desk Reference* covers general information about the stress and trauma, parenting issues, diagnostic information, home,

social and educational remedies.

#0601 Understanding Stress and Trauma in Foster Care: A Desk Reference \$20.00 Ea.

#0602 Understanding Stress and Trauma in Foster Care: A Workbook for Foster Families

Developed by Deborah A. Hill, LCSW, BCD, RTC and Daniel W. Zepp, BSN, MA with The Listening Tree, Stress & Trauma Resource Center PC, York, Pennsylvania.

The curriculum goals include: understanding stress, stress and foster parenting, stress and children in foster care, understanding trauma and parenting traumatized children in foster care.

The curriculum objectives include:

- Enhance the foster family's knowledge base of how stress and trauma impact them and the children their care.
- Develop an understanding of what stress is and how it functions in adults and children.
- Develop a working knowledge of dissociative disorders and how to identify them.
- Develop an understanding of trauma in all childhood developmental stages.
- Develop and provide insight into vicarious trauma, a group of symptoms that occur often in individuals working with traumatized victims.
- Develop skills to more successfully parent traumatized children.

The five chaptered text includes a self-test for each chapter, serviceable as self-evaluation or as a for-credit tool for in-service education requirements. The self-tests occur at the end of the workbook for easy removal.

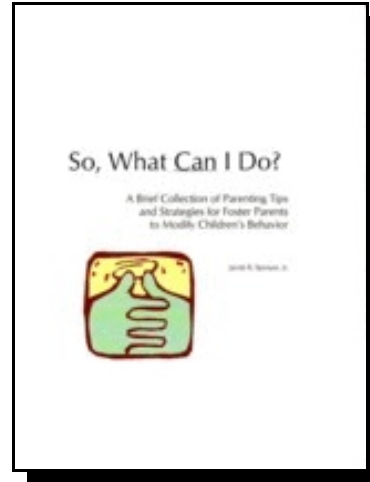
#0602 Understanding Stress and Trauma in Foster Care: A Guidebook for Foster Families \$8.50 Ea. 10+ \$7.70 Ea.

So, What Can I Do?

Jacob R. Sprouse, Jr.

#0766 So, What Can I Do?

A Brief Collection of Parenting Tips and Strategies for Foster Parents to Modify Children's Behavior
Foster parents are often provided a laundry list of parenting "you cannot's" but seldom a list of "you can's"—*So, What Can I Do?* offers a list of a couple dozen tried and true parenting strategies, techniques and *what to do's* ... from time management to time out and from coping to contracting for behavior modification. The workbook also includes sample behavior contracts, charts and time management tools for copy and use in getting and maintaining control of the child's behavior.



**#0766 So, What Can I Do?, Workbook,
\$7.50 Ea., 10+-\$6.60 Ea.**

#0765: So, What Can I Do? Trainer's Guide

To support and enhance the group training process, the Trainer's Guide provides:

- information on adults as learners;
- suggested training format;
- specific trainer's tips in support of the workbook content;
- a set of transparency masters for the overhead projector or as a guide for preparing flip charts;
- a CD containing the overhead masters in a PowerPoint presentation and a full color certificate of participation in .pdf format;
- a generic invitation to the training and a certificate of completion along with an evaluation form both designed to be reproduced and used by the trainer - all integrated within the workbook's content.

In addition, a copy of the workbook is included with the Trainer's Guide.

**#0765: So, What Can I Do?
Trainer's Guide \$35.00**

Our Home - Your Home A Parenting Skills Workbook for Foster Families

Gary A. Crow, Ph.D. &
Letha I. Crow, MSW

Workbook: Curriculum Objectives:

- To use a diagnostic approach i.e., to recognize signs of difficulty in the child\youth, to understand the significance of the signs, and to work with the child\youth to minimize their negative affects.
- To understand the inter-relationship and influence of the child's past and present environments in shaping his/her personality, adjustment, and behavior.
- To identify the most common signs of problems and difficulties occurring with school-age foster children.
- To increase skills in documenting and communicating observations as part of the child's treatment team.
- To increase awareness and use of specialized foster parenting skills such as communication, acceptance and support, logical and natural consequences, teaching life management skills, and using family, agency, and community resources.
- To increase knowledge and skills that enable foster parents to better understand and help foster children with problems related to: stress, low self-esteem, school and learning problems, interpersonal difficulties, behavior problems, suicidal feelings and behavior, and mental illness.

The Workbook focuses on helping the child\youth with stress; helping the child\youth with low self-esteem; helping the child\youth with learning and school problems; helping the child\youth get along with other people; helping the child\youth with behavior problems; helping the child\youth with suicidal thoughts and feelings; and, helping the mentally ill child\youth.

#9321 Our Home - Your Home: A Parenting Skills Workbook for Foster Families
\$13.00 Ea. 10+ Copies-\$9.90 Ea.

#9323 - A Common Sense Guide to Culture and Foster Care - A Handbook for Foster Families

Culture is a lot of things. It is art and music. It is history and architecture. Culture is how people dress and what they like to eat. It is science and literature. It is all that defines a group of people. In this book, however, our main interest is in the behavior, attitudes, and adjustment of foster children. Within this important context, foster parents learn to be culturally sensitive and responsive to foster children placed with them. They learn about cultural elements, cultural differences, and prejudice. The overall cultural goal is to help each foster child become the best he or she can be, with style and pride, all the time, on purpose.

#9323 A Common Sense Guide to Culture and Foster Care - A Handbook for Foster Families - \$6.50 Ea., 10+ Copies - \$5.55 Ea.

#9324 A Common Sense Guide to Culture and Foster Care: Trainer's Guide

In support of #9323 *A Common Sense Guide to Culture and Foster Care - A Handbook for Foster Families* the **Trainer's Guide** provides a twelve page monograph utilizing *Training Tips* for each of the also provided seventeen (17) overhead transparency masters. The **Trainer's Guide** is packaged in a doubled pocketed presentation folder. The **Trainer's Guide** also includes a copy of #9323 *A Common Sense Guide to Culture and Foster Care - A Handbook for Foster Families*.

#9324 Trainer's Guide \$20.00

#9325 - Our Home - Your Home & A Common Sense Guide to Culture and Foster Care -Combined Trainer's Guide

The Guide includes four types of trainer's tools: A outline for the Workbook; a list of transparency masters and handouts ; a set of overhead transparency masters plus additional extra study materials serving to expand the training; and, a set of handouts to support the content of the Workbook . The Trainer's Guide does include a copy of the Workbook and the Common Sense Handbook. Combined Set contains the content of both trainer's guides.

#9325 Trainer's Guide \$60.00 Each.

#0798: For Couples Who Foster

Jacob R. Sprouse, Jr.

#0798 For Couples Who Foster: *Techniques and Strategies for Maintaining **Your** Relationship*
Life in general and married life in particular brings with it a traditional set of stressors which we come to anticipate and for which we prepare to cope; fostering adds yet another dimension of stressors which are not traditional and for which we may be totally unprepared.

For Couples Who Foster explores both the traditional and non-traditional life stressors and provides concrete strategies for strengthening and maintaining the commitment that is your relationship, strategies for gaining a personal perspective and both time management and foster family life survival strategies while providing the nurturing family environment that represents the "why" you became a foster family.

**#0798 For Couples Who Foster, Manual,
\$7.50 Ea., 10+-\$6.60 Ea.**

#0797: For Couples Who Foster: Trainers Guide

To support and enhance the group training process, the Trainer's Guide provides:

- information on adults as learners;
- suggested training format;
- specific trainer's tips in support of the workbook content;
- a set of transparency masters for the overhead projector or as a guide for preparing flip charts;
- a CD containing the overhead masters in a PowerPoint presentation and a full color certificate of participation in .pdf format;
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**#0797: For Couples Who Foster: Trainers
Guide \$35.00**

THE AMBIGUOUS FOSTER CHILD

Attachment, Separation, Loss & Loyalty

Susan S. Cornbluth, Psy.D.

Often we have saved foster children from abuse but we have failed to recognize that they still carry with them their feelings and memories of their biological families as they travel through the foster care system.

To truly understand foster children's lives you must get into their world! Then and only then we just may begin to understand their behaviors!

The workbook provides the foster parent a foundation to understanding the attachment, separation, loss and loyalty of a child entering family foster care and offers concrete parenting suggestions and strategies to assist the child in care better cope with their feelings.

Topics include:

- Attachment
- Attachment Formation Between a Caregiver and Child
- Formation of a Healthy Attachment
- Attunement: Critical To Healthy Development.
- Formation of a Traumatic Attachment
- Abused Foster Children's Attachment Patterns To Their Biological Parents
- Dysfunctional Attachment
- Foster Children and Attachment Trauma
- The Six Question Separation Model
- Types of Unresolved Losses
- Ambiguous Loss
- Loyalty Conflict
- Strategies for Connecting with a Foster Child
- Suggestions for Helping Children Manage Feelings of Ambiguous Loss

#1110 THE AMBIGUOUS FOSTER CHILD, Attachment, Separation, Loss & Loyalty: Workbook \$7.50 ea., 10+ copies @ \$6.60 ea.

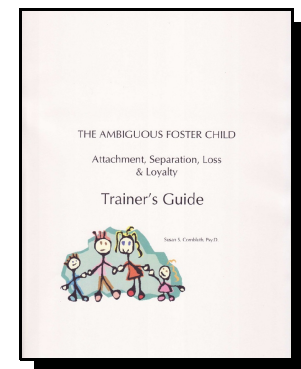
#1111 THE AMBIGUOUS FOSTER CHILD: Trainer's Guide

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In addition, a copy of the workbook THE AMBIGUOUS FOSTER CHILD, Attachment, Separation, Loss & Loyalty is included.

#1111 Trainer's Guide: \$45.00





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