



“WEDNESDAY WEBINARS” CALENDAR

Presented by Dr. Chaitra Wirta-Leiker ~ Licensed Psychologist, Adoptee & Adoptive Parent

Wednesdays @ 12:15-12:45PM MDT ~ Cost per webinar: \$5 (non-refundable)

Register: www.growbeyondwords.com/workshops-webinars/

***Registration must be received by 12:00PM MDT the day prior to your scheduled webinar.**

DATE	TOPIC
9/6/17	Talking to Your Child’s Teacher About Inclusive Family Trees <i>Learn the best way to approach your child's educators about sensitive adoption topics & receive inclusive family tree templates to share with them.</i>
9/13/17	How Trauma Impacts the Adoptee Brain: Implicit Memories & the 6 F’s <i>Learn how in-utero, birth & loss experiences impact a child's memories & create trauma reactionary behaviors like "The 6 F's."</i>
9/20/17	Responding to Trauma Reactions: Pt. 1 Transitions & Separation Anxiety <i>Learn strategies to support children who struggle with transitions & separation anxiety.</i>
9/27/17	Responding to Trauma Reactions: Pt. 2 Homework Headaches <i>Learn strategies to improve your child's focus & willingness to receive help on homework.</i>
10/4/17	Responding to Trauma Reactions: Pt. 3 Rages & Aggression <i>Learn strategies to support parent-child attunement & reduce incidents of rage & aggression.</i>
10/11/17	Responding to Trauma Reactions: Pt. 4 Lying, Stealing & Hoarding <i>Learn strategies to improve your child's sense of safety & security to reduce behaviors such as lying, stealing & hoarding.</i>
10/18/17	Responding to Trauma Reactions: Pt. 5 Argumentative & Oppositional <i>Learn strategies to improve parent-child communication & reduce your child's argumentative & oppositional behaviors.</i>
10/25/17	Responding to Trauma Reactions: Pt. 6 Bedtime Struggles <i>Learn strategies to reduce your child's bedtime anxiety.</i>
11/1/17	Creative Discipline Strategies that Build Healthy Attachment <i>Learn strategies that promote healthy limit-setting & discipline while building trust & attachment in the parent-child relationship.</i>
11/8/17	The Best Ways to Handle Bullying at School <i>Learn how to effectively approach school personnel to manage incidents of bullying & develop strategies to empower assertiveness in the targets of bullying & encourage empathy in the perpetrators of bullying.</i>
11/15/17	The Mixed Emotions of Adoption Anniversaries, Birthdays & Holidays <i>Learn how to listen & support your child through celebrations that cause mixed emotions & anniversaries that are notoriously difficult for adoptees.</i>
11/22/17	No Webinar - Fall Break
11/29/17	EMPOWRD! Ways to Respond to Adoption Questions <i>Learn six simple strategies for responding to other people's adoption questions.</i>
12/6/17	Emotional Preparedness for Homeland Visits <i>Learn how to prepare your child emotionally for a visit to their birth country.</i>
12/13/17	Names Changes in Adoption <i>Learn about the emotional impact & pro's & con's of changing your child's name when they join your family through adoption.</i>
12/20/17	Screening for an Adoption-Competent Therapist <i>Learn how to ask the right questions to find an adoption-competent therapist for your child or family.</i>
12/27/17	No Webinar - Winter Break
1/3/18	No Webinar - Winter Break
1/10/18	How to Help a Child Narrate Their Adoption Story <i>Learn how to help your child develop a narrative of their adoption story from their own perspective to gain insight into their thoughts, feelings & needs.</i>
1/17/18	How to Talk About Difficult Birth Histories: Pt. 1 Abuse/Neglect/DV <i>Learn how to share difficult details about your child's history with them in age-appropriate ways – this week's focus will be on children who have witnessed or experienced abuse, neglect or domestic violence in their first families.</i>



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1/24/18	How to Talk about Difficult Birth Histories: Pt. 2 Incarceration <i>Learn how to share difficult details about your child's history with them in age-appropriate ways – this week's focus will be on children who have first family members who are incarcerated or involved in the legal system.</i>
1/31/18	How to Talk about Difficult Birth Histories: Pt. 3 Substance Abuse <i>Learn how to share difficult details about your child's history with them in age-appropriate ways – this week's focus will be on children who have first family members who struggle with substance abuse.</i>
2/7/18	How to Talk about Difficult Birth Histories: Pt. 4 Product of Rape/Prostitution <i>Learn how to share difficult details about your child's history with them in age-appropriate ways – this week's focus will be on children who were conceived through illegal or nonconsensual sexual violence.</i>
2/14/18	How to Talk about Difficult Birth Histories: Pt. 5 Human Trafficking <i>Learn how to share difficult details about your child's history with them in age-appropriate ways – this week's focus will be on children who were placed for adoption through suspected or known illegal trafficking or unethical means.</i>
2/21/18	Privilege, Racism & Oppression 101: Pt. 1 Understanding the Lingo & System <i>Learn the basics about racial inequality in our country & how it impacts adoptees of color.</i>
2/28/18	Privilege, Racism & Oppression 101: Pt. 2 Recognizing Microaggressions <i>Learn how to recognize & respond to microaggressions commonly experienced by transracial adoptees.</i>
3/7/18	Privilege, Racism & Oppression 101: Pt. 3 How to Respond to Your Child After Negative Racial Incidents <i>Learn the best ways to support your child in the aftermath of negative racial incidents to promote a healthy & positive racial identity.</i>
3/14/18	Privilege, Racism & Oppression 101: Pt. 4 S.H.A.R.E.D. Responses to Racism <i>Learn six strategies for responding to racism that promote a healthy & positive racial identity in your child.</i>
3/21/18	Privilege, Racism & Oppression 101: Pt. 5 Racial Mirrors, Maslow's Hierarchy & The Cultural Iceberg <i>Learn the most common & important racial needs of transracial adoptees.</i>
3/28/18	No Webinar - Spring Break
4/4/18	7 Core Struggles of Adoptees Throughout the Lifespan: Pt. 1 Loss <i>Learn how issues of loss impacts adoptees' choices, behaviors, relationships & needs throughout the lifespan, including essential parent support strategies & red flags indicating the need for professional intervention.</i>
4/11/18	7 Core Struggles of Adoptees Throughout the Lifespan: Pt. 2 Rejection <i>Learn how rejection & abandonment fears impact adoptees' choices, behaviors, relationships & needs throughout the lifespan, including essential parent support strategies & red flags indicating the need for professional intervention.</i>
4/18/18	7 Core Struggles of Adoptees Throughout the Lifespan: Pt. 3 Guilt/Shame <i>Learn to distinguish between guilt & shame, and how these issues impact adoptees' choices, behaviors, relationships & needs throughout the lifespan, including essential parent support strategies & red flags indicating the need for professional intervention.</i>
4/25/18	7 Core Struggles of Adoptees Throughout the Lifespan: Pt. 4 Grief <i>Learn how grief impacts adoptees' choices, behaviors, relationships & needs throughout the lifespan, including essential parent support strategies & red flags indicating the need for professional intervention.</i>
5/2/18	7 Core Struggles of Adoptees Throughout the Lifespan: Pt. 5 Identity <i>Learn the identity struggles & needs of adoptees throughout the lifespan, including essential parent support strategies & red flags indicating the need for professional intervention.</i>
5/9/18	7 Core Struggles of Adoptees Throughout the Lifespan: Pt. 6 Intimacy <i>Learn how issues of intimacy impact adoptees' choices, behaviors, relationships & needs throughout the lifespan, including essential parent support strategies & red flags indicating the need for professional intervention.</i>
5/16/18	7 Core Struggles of Adoptees Throughout the Lifespan: Pt. 7 Control <i>Learn how issues of control impact adoptees' choices, behaviors, relationships & needs throughout the lifespan, including essential parent support strategies & red flags indicating the need for professional intervention.</i>