



## 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 Gobbel, 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.*



**Free Training!**

## ATTEND ONE OR BOTH SESSIONS!

Location	Time & Date	Address
<b>Astoria</b>	Part I: 9am-12pm Part II: 1pm-4pm <b>Wednesday, October 16, 2019</b>	Department of Human Services 450 Marine Drive, 1st Floor Conference Room Astoria, OR 97103

DHS Professionals & DHS Foster Parents		
REGISTRATION	Transitions	
	Grief in Foster & Adopted Children	
	<b>Families, Adoptive &amp; Pre-adoptive Parents, Caregivers and Other Community Partners</b>	
	Transitions	
	Grief in Foster & Adopted Children	

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ORPARC trainings are free-of-charge to DHS/state adoptive, foster and assisted guardianship families, and DHS/SNAC adoption professionals, and other participants as space allows and welcomes attendees of all ethnicities, genders and sexual orientations. Trainings are held in accessible locations. Auxiliary aids and alternative forms of written materials are available to persons with disabilities. Foreign language interpretation is available upon request. Request services two weeks in advance.