

## From Struggles to Superpowers: Supporting Seven Core Needs in Fostererees and Adoptees

Seven core issues are often perceived as barriers to fostererees' and adoptees' abilities to be healthy and successful. *But what if we viewed these issues – loss, rejection, guilt/shame, grief, identity, intimacy, and control – on a spectrum that ranges from struggle to strength?*

Join Dr. Chaitra Wirta-Leiker as she guides you into the **extraordinary** and often overlooked world of **fosteree and adoptee strengths and superpowers**. Learn to support your child's natural tendencies, embrace their unique methods for problem-solving and navigating relationships, and empower them to feel proud of the remarkable ways in which they contribute to the world.



Available in the ORPARC library!

### About the Presenter



**Dr. Chaitra Wirta-Leiker** is a licensed psychologist, international/transracial adoptee of color, and an adoptive parent. She specializes in providing mental health support focused on adoption, trauma, and racial identity work through her private practice based in Denver, Colorado. She is a frequent speaker and trainer at adoption agencies, camps, and conferences throughout the U.S., and the creator of the National Adoptee-Therapist Directory.

She is the author of "The Adoptee Self-Reflection Journal," "The Adoptive Parent Self-Reflection Journal," and the "Adoptees Like Me" illustrated series for elementary readers.



Date	Time	Location
Monday, May 22, 2023	10:30 am - 11:30 am (PDT)	Virtual Training via Zoom* *Zoom link will be sent to registered participants

**REGISTRATION:** <https://www.orparc.org/training/online/2030> | 1-800-764-8367

### Questions?

Contact ORPARC at [orparc@nwresource.org](mailto:orparc@nwresource.org) or 800-764-8367

ORPARC trainings are free-of-charge to ODHS/state adoptive, resource (foster), assisted guardianship families, and ODHS/SNAC adoption professionals, and other participants as space allows. We welcome attendees of all ethnicities, genders, sexual orientations and faiths. Auxiliary aids and alternative forms of written materials are available to persons with different abilities and needs. Foreign language interpretation is available upon request. Request services two weeks in advance.