

# LA SEMANA 2011

## PARENT EDUCATION SERIES

(A full version will be on the web & at Camp entrance)

### MONDAY, AUGUST 1

<b>10:00 - 11:00</b>	<b>Library</b>	<b>Exploring My Birth country - Discovering Me Carmen Knight, Ties</b>
<b>11:15 - 12:15</b>	<b>Library</b>	<b>Repeat of earlier presentation</b>

People ask “Why is it important to go back to my child’s country of birth?” While some adoptees may not want to visit their birth country, others do and would gain much from such a journey. This workshop will explore how going back to one’s country of birth can help find answers, create a sense of connectedness to people that share a common heritage, help build identity, and more. It will also provide things to think about when planning a trip to your child’s country of birth. The presenter will share stories and insight from her personal experience, as well as her knowledge gained while escorting adoptive family heritage journeys around the world.

Carmen Knight is an international, transracial adoptee from Peru. She graduated from Knox College with a double major in Social Science Education and Secondary Education. She has been active in the adoption community since June of 2006. Carmen currently is working with both the Ties program, which does heritage tours for international adoptees and their families, and Bridge Communications Inc., which does adoption education and diversity training. Some of her past experiences have included escorting heritage travel to Korea, Peru, Vietnam, China, Paraguay, and Guatemala; working at culture camps and adoptee camps; leading classes/ seminars about adoption topics at conferences and for various adoption agencies; speaking on adoptee panels; and most recently co-organizing an adoptive family weekend at the YMCA Minkani in Milwaukee.

### TUESDAY, AUGUST 2

<b>10:00 - 11:00</b>	<b>Library</b>	<b>Birth Family Search &amp; Birth country Travel Ben Nesbitt Children's Home Society &amp; Family Services</b>
<b>11:15 - 12:15</b>	<b>Library</b>	<b>Repeat of earlier session</b>

Join in a panel discussion focusing on the topics of searching for birth family and traveling back to your birth country. Panel participants will be asked about what to consider prior to initiating a search, what to expect during a search and what to anticipate when returning to one’s birth country for the first time since the adoption.

**Ben Nesbitt** has been a social worker at CHSFS since July 2005. He has close family connections to adoption and works in educating and preparing families for adoption as well as working closely with families in the post adoption process. His past experience includes work in the child protection system, in social work in a correctional minimum-security prison, and with refugees and asylees.

### **WEDNESDAY, AUGUST 3**

**10:00 - 11:00**

**Library**

**Brain-Based Strategies for Parenting Adopted Children:  
The Nurtured Heart Approach, Energy Based Parenting,  
and Beyond.**

**Jackie Pederson, BSW, LSW**

**Kathy Oulman**

**Edith Haenel, MS, LICSW**

**11:15 - 12:15**

**Library**

**Repeat from earlier session**

Do you ever wonder why the harder you try to be effective the less effective you are? Jackie, Kathy, and Edith will teach about how to use our energy effectively in all relationships. They will demonstrate the principle that what we bring to each situation can make a huge difference in our success with our kids. and all family members. Being aware of our own energy can be the key to transforming relationships and finding the inner wealth in all people. They have a wealth of experience in working with adopted children and will focus on using this parenting approach with children with adoption issues.

Jackie Pederson, BSW, LSW, has been a social worker in Freeborn County, Albert Lea MN for almost 20 years. She is currently a Family Based Counselor but has also worked several years as a Child Protection Worker. She is a much sought after therapist and speaker in the area. She is extremely knowledgeable in all aspects of the adult/child relationship. Jackie is a Certified Trainer in the Nurtured Heart Approach.

Kathy Oulman is a highly trained foster parent in the North Iowa area. Consistently social workers state that they wish Kathy and her late husband, Steve, could be cloned as foster parents. Kathy is currently raising her six adopted children who have all been diagnosed with attachment disorder. Kathy has never had a child disrupt out of their home. Kathy is a masterful and creative foster parent who uses these parenting approaches in a way that allows the children in her home to be successful no matter what diagnoses they have.

Edith Haenel, MS, LICSW has been a therapist in private practice for over 20 who specializes in working with children. She has extensive experience in working with adopted children and attachment disorders. She is also a Certified Trainer in the Nurtured Heart Approach. Edith is also highly trained in Experiential Play Therapy and has taught play therapy at the university level. She has worked with children in all settings - in patient and out patient, and family based. With Jackie and Kathy she has trained professionals in many different settings - schools, hospitals, clinics, and child care.

## **THURSDAY, AUGUST 4**

**10:00 - 11:00**            **Library**            **"In Touch Again", A Multi-Sensory Approach to Working  
with Attachment and Bonding**  
**Nancy Hawkins, Psy. D**

**11:15 - 12:15**            **Library**            **Repeat from earlier session**

This workshop will give an introduction to the principles of "in Touch Again" , an approach that originated in the [United Kingdom](#) and was developed by Agnes Bayley, Ph.D., who introduced it in the United States in the early 1980's. "In Touch Again" utilizes the sensory system as the basis of identification and repair of attachment issues and teaches a very gentle, yet respectful way of working with the child within the context of the family. "In Touch Again" is unique in that it encourages caregivers and parents to draw on the memories of their own attachment experiences to better understand the process their child is experiencing.

Nancy Hawkins, Psy.D., is a licensed psychologist with over 25 years of experience working with children and families in the area of attachment and bonding. Enrolled at the Leech Reservation , Nancy adds a cultural dimension to her work and has trained and created programs in the Native American community as well as the larger [Minnesota](#) adoption community. Nancy currently works as a private practitioner in [St. Louis Park](#) and as a consultant to the [Shakopee](#) Mdewakaton Sioux Community in [Prior Lake](#). Nancy is the president of In Touch Again, Inc., a nonprofit formed to support the work of Agnes Bayley and provide support and guidance to parents, caregivers, and clinicians.

## **FRIDAY, AUGUST 5**

**10:00 - 11:00**            **Library**            **Birthfamily Contact: A Kid's Perspective.**

La Semana kids tell about their experiences meeting birthfamily at a young age.

**11:15 - 12:15**            **Library**            **Birthfamily Contact:An Adoptive Parent's Perspective**

La Semana parents tell about their experiences maintaining birthfamily contact.