



Nirvana Now!

Choosing Inner Peace For You

WORKSHOPS LISTS

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All proprietary workshops can be reconstructed to fit particular audiences, contractor program goals, and time constraints. Custom workshops, based on contractor need and Nirvana Now! trainers' expertise, can be developed.

THE INSTITUTE FOR HUMAN SERVICES (IHS) STANDARDIZED CURRICULUMS

IHS has approved training of the following standardized curriculums:

1. Foster Parent Pre-Service Training:
 - a. Orientation and Overview of Foster Care, Adoption, and Kinship Care
 - b. Teambuilding
 - c. Child Abuse and Neglect and the Impact on Child Development
 - d. Attachment, Separation, and Placement
 - e. Managing Behaviors
 - f. Cultural issues in Placement
 - g. Primary Families
 - h. Effects of Caregiving on the Family
 - i. Crisis Prevention and De-escalation
 - j. Parenting Sexually Abused Children
 - k. Permanency Issues for Children
 - l. Permanency Issues for Families
2. Adoption Assessor Training Tier II
 - a. Cultural Issues in Permanency Planning, Part I and II; 2-day
3. Alphabet Soup; 6-hour
4. “Keepin’ It In The Family”: The Unique Issues of Kinship Care; 3-hour
5. Successful Transcultural Parenting: Dealing with the Dynamics of Difference; 6-hour
6. Diagnosis: AD/HD What’s Next? 6-hour
7. Foster Families and How They Grow: Understanding the Effects of Fostering; 6-hour
8. “Play with a purpose”...Strategies to Enhance the Parent-Child Relationship; 3-hour
9. “Mom, Dad, I’m Searching”...The Impact of Search and Reunion on the Family; 6-hour

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THE INSTITUTE FOR HUMAN SERVICES (IHS)
STANDARDIZED CURRICULUMS (cont)

10. Understanding and Building Attachment; 6-hour
11. Single Parent Adoptions...Single, But Never Alone; 3-hour
12. Managing Our Behavior To Manage Theirs: Discipline in Foster Care; 6-hour
13. Relating to Primary Families: Understanding Challenges, Issues, and Strategies for Success; 6-hour
14. Understanding and Parenting Sexually Abused Child; 6-hour
15. Recognizing and Responding to Child Sexual Abuse; 6-hour
16. Healthy Sexual Development of Children and Teens; 6-hour
17. Fostering Self-Reliance in Children and Teens: Roots and Wings, 6-hour
18. Independent Living: Helping Teens Plan Their Future,6-hour
19. Can I Go To College?: Educational Planning for Independent Youth, 6-hour

PROPRIETARY CURRICULUMS**

Parents, Caregivers, Teachers, Professionals:

1. Understanding Child Sexual Abuse; 6-hour
2. Parenting the African American Incest and Child Sexual Abuse Survivor; 6-hour**
3. Life After Incest and Child Sexual Abuse; 6-hour
4. Parenting Traumatized Children, 3-hour; 6-hour
5. Domestic Violence; 3-hour; 6-hour**
6. Parenting The Children of Substance Abusing Parents; 6-hour**

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7. Adolescent Substance Abuse; 3-hour; 6-hour**
8. The Adoption is Final...Real Life Kicks In; 6-hour
9. Advocating For The Special Needs Child; 3-hour**
10. Diagnosis vs. Abilities; 3-hour**
11. Loving Gay, Lesbian, Bi-Sexual, and Transgender Youth; 6-hour**
12. Understanding The Stages Of Child Development; 3-hour
13. Understanding Race and Culture Will Help You Teach and Parent; 6-hour
14. Independent Living Skills for 13+ Year Old Youth, 3-hours each
15. Understanding Boundaries....Balancing Personal and Professional Lives; 6-hour
16. My Head Is About To Explode...Managing Life Stressors; 6-hour
17. Sexuality and the Disabled; 3-hour
18. Independent Living: Helping Teens Plan Their Future,6-hour**

****e-track approved**

Staff Development: (6-hour)

1. Case Management For the Novice
2. Effective Public Speaking
3. Winning Over The Difficult Client
4. Working With Substance Abusing Parents
5. Understanding Culture And Diversity Will Improve Performance Outcomes
6. Understanding Boundaries....Balancing Personal and Professional Lives
7. My Head Is About To Explode...Managing Life Stressors, 6-hour
8. Culturally Sensitive Interviewing,6-hour

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9. My Head Is About To Explode...Managing Life Stressors 3-hour, 6-hour
10. Effectively Working with Court Appointed Special Advocates/Guardian Ad Litem,3-hour

Other Certified Training Offerings

1. Expect Respect (support group curriculum for safe and healthy relationships)
2. Bridges Out of Poverty (Provides a framework for understanding poverty and reviews the skills, policies and procedures that will enable organizations & communities to become more skilled in working with individuals who are in poverty); 2-day
3. Getting By In A Just Gettin' By World (15 week program for people living in poverty that is designed to assist participants develop a plan to change their life circumstances).
4. Understanding Infant Adoptions
5. Ties That Bind: Substance Abuse In The Kinship Family, 2-day

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