



# Nirvana Now!

Choosing Inner Peace For You

## WORKSHOPS OFFERINGS

CeCe Norwood, M.A.  
Founder/Trainer/Consultant/Author

P.O. Box 2444  
Toledo, Ohio 43606  
[cece@mynirvananow.org](mailto:cece@mynirvananow.org)  
[www.mynirvananow.org](http://www.mynirvananow.org)  
<http://cecenorwoodoutloud.wordpress.com/> - blog  
(419) 729-0245

*All proprietary workshops can be reconstructed to fit particular audiences, contractor program goals, and time constraints. Additional workshops, based on contractor need and Nirvana expertise, can be developed.*

## THE INSTITUTE FOR HUMAN SERVICES (IHS) STANDARD CURRICULUMS

IHS has e-track 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
3. Keepin' It In The Family": The Unique Issues of Kinship Care 3-hour
4. Successful Transcultural Parenting: Dealing with the Dynamics of Difference 6-hour
5. Diagnosis: AD/HD What's Next? 6-hour
6. Foster Families and How They Grow: Understanding the Effects of Fostering 6-hour
7. "Play with a purpose"...Strategies to Enhance the Parent-Child Relationship 3-hour
8. "Mom, Dad, I'm Searching"...The Impact of Search and Reunion on the Family 6-hour

*All proprietary workshops can be reconstructed to fit particular audiences, contractor program goals, and time constraints. Additional workshops, based on contractor need and Nirvana expertise, can be developed.*

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

9. Understanding and Building Attachment  
6-hour
10. Single Parent Adoptions...Single, But Never Alone  
3-hour
11. Managing Our Behavior To Manage Theirs: Discipline in Foster Care  
6-hour
12. Primary Family workshop is: Primary Family to Foster Family: Understanding Challenges, Issues, and Strategies for Success, 6-hour
13. Understanding and Parenting Sexually Abused Child, 6-hour
14. Recognizing and Responding to Child Sexual Abuse, 6-hour
15. Healthy Sexual Development of Children and Teens, 6-hour
16. V-Street on-line interactive independent living skills program

*All proprietary workshops can be reconstructed to fit particular audiences, contractor program goals, and time constraints. Additional workshops, based on contractor need and Nirvana expertise, can be developed.*

## PROPRIETARY CURRICULUMS

### **For Parents, Caregivers, Teachers, Professionals:**

1. Understanding Child Sexual Abuse
2. Parenting the African American Incest and Child Sexual Abuse Survivor
3. Life After Incest and Child Sexual Abuse
4. Domestic Violence
5. Parenting The Children of Substance Abusing Parents
6. Adolescent Substance Abuse
7. The Adoption is Final...Real Life Kicks In
8. Advocating For The Special Needs Child
9. Diagnosis vs. Abilities
10. Parenting Gay, Lesbian, Bi-Sexual, and Transgender Youth
11. Understanding The Stages Of Child Development
12. Understanding Race and Culture Will Help You Teach and Parent
13. Overview of Independent Living Skills for Children and Teens
14. Independent Living Skills for 13+ Year Old Youth
15. Understanding Boundaries....Balancing Personal and Professional Lives
16. My Head Is About To Explode...Managing Life Stressors
17. Sexuality and the Disabled
18. 16 hour pre-service orientation for independent living caregivers

*All proprietary workshops can be reconstructed to fit particular audiences, contractor program goals, and time constraints. Additional workshops, based on contractor need and Nirvana expertise, can be developed.*

### **Staff Development:**

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
8. Culturally Sensitive Interviewing

*All proprietary workshops can be reconstructed to fit particular audiences, contractor program goals, and time constraints. Additional workshops, based on contractor need and Nirvana expertise, can be developed.*

## Other Training Offerings

1. **Expect Respect (support group curriculum for safe and healthy relationships)**
2. **Bridges Out of Poverty**
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**

*All proprietary workshops can be reconstructed to fit particular audiences, contractor program goals, and time constraints. Additional workshops, based on contractor need and Nirvana expertise, can be developed.*