

AEP Online Foundations course outline

Course structure

AEP Online Foundations is the online version of the Adoption Education Program. There are 12 modules in this 15-week course, with a new module opening every week and staying open for 14 days. The modules open on Thursday mornings at 9:30 AM Pacific Time and close two weeks later on Wednesdays at 11:59 PM, allowing participants plenty of time to complete the coursework and assignments. Each module demands approximately 5 hours of work. There is a one-week break after week 6 to allow participants time to rest, reflect and get caught up. There are 5 mandatory one-hour live online discussions during the course.

Activities

The course is taught in a multi-media format and activities include:

- Reading articles
- Watching videos
- Listening to audios
- Watching presentations
- Offering written or audio journals
- Participating in online live group discussions
- Vocabulary building
- Answering questionnaires
- Taking quizzes

Evaluation

You will be evaluated based on understanding and mastery of the material, your online engagement and participation, as well as your ability to demonstrate self-awareness and reflection.

AEP-Online goals

To enable prospective adoptive parents to make realistic, well-informed decisions about their capacity and readiness to parent a child by adoption by providing education about core issues in adoption, as required by the Adoption Regulations.

Course outline

Module 1	Introduction
Topics:	Getting started, building our community, foster care & adoption
Discussion:	This module includes a scheduled live online discussion.
Module 2	Attachment
Topics:	Introduction to attachment, attachment related challenges, teens & parents talk about attachment, separation & loss
Discussion:	This module includes a scheduled live online discussion.
Module 3	Separation & loss
Topics:	Introduction to separation & loss, arousal relaxation, learning about grief, helping children cope with grief & loss
Discussion:	There is no live online discussion scheduled for this module.
Module 4	Child & adult development
Topics:	

Discussion:	How adoption impacts development, attachment, transitioning, the difference between chronological & developmental levels There is no live online discussion scheduled for this module.
Module 5	Childhood trauma
Topic:	Introduction to trauma, the impact of trauma and triggers, responding to trauma
Discussion:	This module includes a scheduled live online discussion.
Module 6	Child & youth mental health issues
Topics:	Introduction to child and youth mental health, common mental health issues, parenting strategies
Discussion:	There is no live online discussion scheduled for this module.
Module 7	Prenatal exposure
Topics:	Prenatal exposure & adoption, living with FASD
Discussion:	This module includes a scheduled live online discussion.
Module 8	Cultural & Indigenous awareness
Topics:	Introduction to cultural & Indigenous awareness, stages of identity, visible families, understanding the Indigenous context in adoption
Discussion:	There is no live online discussion scheduled for this module.
Module 9	Openness
Topics:	Introduction to openness, open adoptions
Discussion:	This module includes a scheduled live online discussion.
Module 10	Legal issues
Topics:	Learning about the adoption legislation, how children come into care, learning about permanency planning, legal rights & legal risks in adoption, post-adoption assistance
Discussion:	There is no live online discussion scheduled for this module.
Module 11	Predictable adjustments
Topics:	Stages of pre-placement, predictable adjustments, preparing for placement
Discussion:	There is no live online discussion scheduled for this module.
Module 12	Summary
Topics:	Review of adoption language, review of adoption timeline, review of questions for your social worker, positive discipline
Discussion:	This module includes an optional live online discussion.