Family Development Specialist
Blended Certification Training
Agenda

Days 1 & 2 - Live online

Unit 1: Theory—Defining the Work of Family Development
- Families from a Resilience Perspective
- The 21st Century Family
- Family Systems
- Linear vs. Circular Thinking
- Family Organization

Unit 2: Philosophy—Partnering Not Rescuing
- Family Centered Practice
- Resilience and Empowerment Perspective
- The Principles of Family Development
- The Assisting Relationship
- The Structure or Stages of Assistance
- Confidentiality
- The Rescue Triangle

Days 3 & 4 - Live online

Unit 4: The Assisting Relationship
- Interviewing Families
- Family Engagement
- Relationship Building Skills
- Safety in home visits
- Discovering Family Strengths
- Reflective Listening
- Empathy Skills
- Feeling Word Vocabulary
- Clarification
- Challenging

Days 5 & 6 - Live online

Unit 5: Family Assessment Skills
- Family Assessment Tools:
  - The Ecomap
  - The Genogram
  - Time Line
  - The Culturagram
Unit 6: Goal Setting and Case Planning
- Resilience-Focused Interview Skills
- Resilience Framework
- Prioritizing and Goal Setting
- Plan Implementation: Referrals and Coordinating Services & Recordkeeping

Days 7 & 8 - Live online

Unit 3: Cultural Competence cont’d
- Identifying Your Cultural Background

Unit 9: Empowering Families through Groups
- Planning a Group and Group Facilitation
- Negotiating Conflict
- Cultural Differences in Resolving Conflict

Unit 10: Closure and Self Care
- Closure of Family Work
- Agency & Worker Resilience
- Self-Care

FDS Online (Equivalent to Four Days)

Unit 3: Cultural Competence & Diversity
- Defining Culture
- Individual Cultural Competence
- Social Privilege
- Institutional Racism
- Anti-Racism
- Organizational Cultural Competence

Unit 4: The Assisting Relationship
- Communication Skills
- Cultural Context in Communication

Unit 7: Nurturing
- Parenting
- Paternal Involvement
- Self Esteem
- Patterns of Over- and Under-Accommodation
- Child Development
- Positive Youth Development
- Issues in Parenting: Child Abuse and Neglect
Unit 8: Family Support Strategies: A Trauma Informed Perspective
  ❖ Adverse Childhood Experiences (ACES) & Trauma Informed Services
  ❖ Domestic Violence: Power & Control
  ❖ Substance Use & Abuse
  ❖ Mental Health: Stress & Anxiety, Depression & Suicide
  ❖ Making Referrals

Unit 9: Community and Group Development
  ❖ Principles of Community Development
  ❖ Community Advocacy and Community Planning
  ❖ Making Brief Presentations

Homework #1 & #2

Final Exam