

Family Development Specialist Certification Training

Agenda

DAY 1

Unit One: Theory--Defining the Work of Family Development

- ◆ Families from a Resiliency Perspective
- ◆ The 21st Century Family
- ◆ Family Systems
- ◆ Linear Vs. Circular Thinking or Sequence Rather than Lines
- ◆ Family Organization

Unit Two: 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

DAY 2

Unit Three: Cultural Competence in Family Development

- ◆ Defining Culture
- ◆ Identifying your Cultural Background
- ◆ Individual Cultural Competence
- ◆ Social Privilege: White Privilege, Class Privilege, Sexual Privilege
- ◆ Institutional Racism
- ◆ Organizational Cultural Competence

Unit Four: The Assisting Relationship

- ◆ Interviewing Families
- ◆ Family Engagement
- ◆ Relationship Building Skills
- ◆ Safety in home visits
- ◆ Communication: Verbal/Nonverbal
- ◆ Cross Cultural Communication
- ◆ Discovering Family Strengths



DAY 3

Unit Four: The Assisting Relationship, continued

- ◆ Reflective Listening
- ◆ Empathy Skills
- ◆ Feeling Word Vocabulary
- ◆ Clarification
- ◆ Challenging

Unit Five: Family Assessment Skills

- ◆ Family Assessment Tools
- ◆ The Ecomap
- ◆ The Genogram
- ◆ Time Line
- ◆ The Culturagram

DAY 4

Unit Six: Goal Setting and Case Planning

- ◆ Resilience-Focused Interview Skills
- ◆ Resilience Framework
- ◆ Prioritizing and Goal Setting
- ◆ Plan Implementation: Referrals and Coordinating Services
- ◆ Record-keeping

Day 5

Unit Seven: Nurturing

- ◆ Parenting
- ◆ Paternal Involvement
- ◆ Self-Esteem
- ◆ Child & Positive Youth Development
- ◆ Issues in Parenting: Child Abuse and Neglect

Day 6

Unit Eight: Family Support Strategies

- ◆ Family Roles & Role Rigidity
- ◆ Domestic Violence: Power & Control
- ◆ Substance Use & Abuse
- ◆ Mental Health: Stress & Anxiety, Depression & Suicide
- ◆ Making Referrals

Day 7

Unit Nine: Community Advocacy and Community Development

- ◆ Principles of Community Development
- ◆ Community Advocacy and Community Planning
- ◆ Making Brief Presentations
- ◆ Empowering Families Through Groups
- ◆ Planning a Group and Group Facilitation
- ◆ Negotiating Conflict
- ◆ Cultural Differences in Resolving Conflict

Day 8

Unit Ten: Closure and Self Care

- ◆ Closure of Family Work
- ◆ Agency & Worker Resilience
- ◆ Self Care