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 visitis
- Communication: Verbal/Nonverbal
- Cross Cultural Communication
- Discovering Family Strengths

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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