

**Liberal Arts & Sciences**

National Resource Center for Family
Centered Practice

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Family Development Specialist Certification Training Agenda

6 hours of training per day: 24 training hours + 2-hour Exam

DAY 1

Introductions and Overview of Training (1 hour)

- Group introductions (20 minutes)
- Learning contract (10 minutes)
- Goal setting for training (10 minutes)
- Training expectations (10 minutes)
- Overview of curriculum and homework (5 minutes)
- Q & A (5 minutes)

Module 1: Philosophy--Partnering Not Rescuing (3 hours)

- What is Family Centered Practice? (20 minutes)
- Systems Concepts and EcoMap exercise (30 minutes)

15-minute Break

- The Principles of Family Development (15 minutes)
- Resilience and Empowerment Perspective (10 minutes)
- I deserve self-care exercise (30 minutes)
- Family Rules and Roles (15 minutes)

Lunch

Continue Module 1 (1 hour)

- The Assisting Relationship and Karpman Drama Triangle (30 minutes)
- Confidentiality (15 minutes)

15 minute break

Module 2: Family Engagement (2 hours)

- The Structure or Stages of Assistance (10 minutes)
- Family Engagement and discovering family strengths (10 minutes)
- Relationship Building Skills (40 minutes)
- Boundaries (1.0 hour)

DAY 2

Module 3: Family Engagement Workshop (2 hours)

- Communication: Verbal/Nonverbal
- The skills for good engagement
 - What are the skills I need to effectively engage with my client?
- Workshop roleplaying with scenarios
- Interviewing Families

Module 4: The Helping Relationship and Case Planning (4 hours)

- Family Assessment skills
 - Eco-map
- Reflective Listening
 - Skill building role plays
- Empathy Skills
 - What is it; how do I use EOARS?
 - De-escalation
- Clarification and Challenging
 - What am I hearing and how to challenge to move forward
- Developing a case plan
 - What do I need to do and how to I work out a plan?
- Prioritizing and Goal Setting – setting a SMART goal
 - What is a SMART goal and how can it help my client?
- Safety in home visiting

DAY 3

Review of Modules 1-4 (1 hour)

Module 5: Family Support Strategies (2 hours)

- Family Roles and how they affect family dynamics
- Domestic Violence overview
 - Power and control wheel
- Overview of Mental Health
 - Anxiety, Depression
 - Suicide

Module 6: Working Effectively with Substance Affected Families (3 hours)

- Substance misuse and addiction.
- Safety and risk factors for families affected by parental substance use.
- Define, identify, and promote caregiver protective capacities and protective factors
 - Safety and risk assessments to inform safety planning with clear and actionable steps to increase child safety and family unification whenever possible.
- Role play with case scenarios

DAY 4

Module 7: Plan Implementation (2 hours)

- Referrals and Coordinating Services
 - Who needs what and how does it fit your case plan?
- Record-keeping
 - Why it is important to keep good records
- Motivating your client
 - Using your skills to help a client reach their goals
- Negotiating Conflict
 - How to engage with a resistant client

Module 8: Nurturing (2 hours)

- Paternal Involvement
 - Engaging dad
- Self-Esteem
 - What is it? How can I help a parent develop it?
- Child & Positive Youth Development
 - Stages of youth development

- Child Abuse and Neglect
 - What is it? How is abuse different than neglect?
 - What are Iowa rules on neglect and abuse?
 - Mandatory reporting

Module 8: Community Advocacy and Community Development (1 hours)

- Principles of Community Development
 - Why is this important to a FaDSS worker?
- Community Advocacy and Community Planning
 - Why your voice is important in your community
- Making Brief Presentations
 - How to tell the story of FaDSS to your community

Module 9: Closure (1 hour)

- Closure of Family Work
- Agency & Worker Resilience