

# Family Development Specialist Certification Training Agenda

6.5 hours of training per day: 26 training hours + 2-hour Exam

## **DAY 1**

### Introductions and Overview of Training

- Group introductions
- Learning contract
- Goal setting for training
- Training expectations
- Overview of curriculum
- Q & A

### Module 1: Philosophy-Partnering Not Rescuing

- What is Family Centered Practice?
- The Principles of Family Development
- Resilience and Empowerment Perspective
- I deserve self-care exercise
- The Assisting Relationship and Karpman Drama Triangle
- Ethics and Confidentiality

### Module 2: Family Engagement

- Family Engagement and discovering family strengths
- Class case studies
- Boundaries

## **Day 2**

### **Module 3: Family Engagement Workshop (3)**

- Welcome and check-in; brief writing assignment
- The skills for good engagement
  - What are the skills I need to effectively engage with my client?
- Meeting families where they are
- Workshop roleplaying with scenarios

### **Module 4: The Helping Relationship and Case Planning**

- Empathy and skill building
  - What is it; how do I use EOARS?
  - De-escalation
- Negotiating conflict
  - What am I hearing and how to challenge to move forward
- Planning and implementation of a case plan
  - What do I need to do and how do I work out a plan?
- Action planning for change
- Prioritizing and Goal Setting – setting a SMART goal
  - What is a SMART goal and how can it help my client?
- Case notes

### **Day 3**

Review of Modules 1-4 (1 hour and short group Kahoot quiz)

#### **Module 5: Family Support Strategies**

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

#### **Module 6: Working Effectively with Substance Affected Families**

- 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: Parenting and Nurturance

- Parenting
- Overaccommodation
- Paternal Involvement
  - Engaging dad
- Child Abuse and Neglect
  - What is it? How is abuse different than neglect?
  - What are your state's rules on neglect and abuse?
  - Mandatory reporting

### Module 8: Working with Groups and Communities

- 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
  - Facilitating groups
  - Making Brief Presentations
  - How to tell the story of FaDSS to your community

#### Child Abuse and neglect

- What are your state rules on neglect and abuse?
- Mandatory reporting

### Module 9: Closure

- Closure of Family Work
- Self-care
  - Agency & Worker Resilience