



## FOUR-DAY INSTRUCTOR TRAINING "FROM CORRECTIONS FATIGUE TO FULFILLMENT™" (CF2F)

**This four-day course provides a scientific and evidence-based explanation of the psychological dynamics behind the negativity of the corrections workplace and its manifold costly consequences to you, your colleagues and your Correctional Agency.**

It also presents **data-driven and evidence-based strategies** to increase staff well-being and to improve the organizational climate and culture based on research in Positive Psychology, psychological trauma and resilience.

- Unquestionably needed by all who work in corrections
- Previous graduates call it career-saving, relationship-saving, maybe even life-saving
- Practical and easy to grasp by both new and veteran employees, and by managers
- Can be offered by your instructors as a full-day course
- Can be modified to address either line staff and/or supervisor interests and concerns

### What Trainees Get

- Three-year license as Instructors or co-instructors to offer the 1-day course exclusively to fellow staff at their agencies
- PowerPoint slides, Facilitator Guide, Course Handouts, and Participant Manual
- Six customized versions for staff in: adult corrections or detention facilities, probation and parole offices, youth facilities, youth community corrections, corrections staff who supervise sex offenders, and new recruits
- Copy of book "Staying Well: Strategies for Corrections Staff"
- Certificate of Attendance for 30 Contact Hours
- Four 30-minute individual phone coaching sessions

### Criteria for Instructor Candidates

- Prior instructor certifications received
- Experience training employees in a classroom setting
- At least 5 years of working in corrections
- Experience having successfully worked through some work-related challenges
- Ability to present emotionally-laden material
- Ability to moderate emotionally-heated discussions



## Training Topics

1. The nature, signs, impact and causes of Corrections Fatigue
2. Strategies for individual self-care and professional fulfillment
3. Organizational strategies for a positive workplace climate and a healthy organizational culture



Caterina Spinaris, PhD., is DWCO's Executive Director and a Licensed Professional Counselor. Caterina offers trainings and systemic interventions to corrections agencies to counter the effects of occupational stressors, and to increase individual and organizational health. She authored the CF2F course, DWCO's Peer

Support Training and other courses, and the book *Staying Well: Strategies for Corrections Staff*, 2nd Ed. She co-authored the *Corrections Staff Resilience Inventory™*, the *Corrections Fatigue Status Assessment™*, and the *Violence, Injury and Death Exposure Scale™*. She is the editor of DWCO's monthly e-zine, the *Correctional Oasis*, and the book *Passing It Along: Wisdom from Corrections Staff*, Vol. 1.

## Fee

\$1,095.00 per Instructor Candidate

## Training Dates

3/21/2017 – 03/24/2017

09/26/2017 – 09/29/2017

## Training Location

DWCO, 431 E. Main St., Florence, CO 81226

Fee includes four 30-min individual phone coaching sessions following the Instructor Training. More coaching sessions are offered if needed at no additional charge.

The CF2F course was awarded the 2016 Commercial Program Award of Excellence by the International Association of Correctional Training Personnel.

It is strongly recommended that trainees read the book *Staying Well: Strategies for Corrections Staff*, 2<sup>nd</sup> Edition, prior to attending the training.

The book can be ordered [HERE](#)



DWCO Office Phone: 719-784-4727, FAX: 719-784-2214.

Email: [http://desertwaters.com/?page\\_id=3888](http://desertwaters.com/?page_id=3888)

We recommend that you register early. Space is limited.

**Cancellation Policy:** Full refund minus \$30 for up to seven weeks prior to the training. No refunds less than three weeks prior to the training. In between these time frames, 50% refund. Registrations are transferable at any time.

### Affordable Lodging Options:

Best Western Canon City, 110 Latigo Lane, Cañon City, CO, 719-275-2400.

Hampton Inn Canon City, 102 McCormick Parkway, Cañon City, CO 81212; 719-269-1112.

**Nearest Major Airport:** Colorado Springs, <http://www.springsgov.com/airportindex.aspx>

Desert Waters Correctional Outreach is a 501(c)(3) tax-exempt corporation (EIN 30-0151345) with the mission to promote the occupational, personal and family well-being of the public safety workforce through the provision of support, resources, and customized data-driven solutions.

## REGISTRATION FORM

### Training for Trainers—From Corrections Fatigue to Fulfillment™

T4T Date:  March 2017  September 2017

Registrant Name \_\_\_\_\_

Agency Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_ FAX \_\_\_\_\_

Email \_\_\_\_\_

**Fee: \$1,095.00 per Instructor Candidate. Purchase Orders and Credit/Debit Card payment accepted.**

Method of Payment: Check enclosed, payable to DWCO, P.O. Box 355, Florence CO 81226 Credit

Card:  Visa/MC  Discover  American Express Amount: \_\_\_\_\_

Credit Card No. \_\_\_\_\_ Exp. Date \_\_\_\_\_

Name on Card \_\_\_\_\_

Authorized Signature \_\_\_\_\_

**Cancellation Policy:** Full refund minus \$30 for up to seven weeks prior to the training. No refunds less than three weeks prior to the training. In between these time frames, 50% refund. Registrations are transferable at any time to another trainer of the same agency.

**Please note:** This is not a Master Trainer training. Trainees who successfully complete all certification requirements are licensed to offer the 1-day CF2F course to fellow staff, NOT to train other trainers.