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 Corrections 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
- To 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 staff at their agencies--NOT to train other Instructors.
- PowerPoint slides, Facilitator Guide, Other Course Handouts,
 Participant Manual, and future updates of the course.
- FIVE customized versions for staff in: adult corrections or detention facilities, probation and parole offices, youth facilities, youth community corrections, and new recruits.
- Book "Staying Well: Strategies for Corrections Staff", 2nd Ed.
- Certificate of Attendance for 30 Contact Hours
- Two one-hour 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 workrelated 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 series Passing It Along: Wisdom from Corrections Staff.

Fee

\$1,095.00 per Instructor Candidate

Training Dates

3/21/2017 - 03/24/2017 09/19/2017 - 09/22/2017

Training Location

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

Fee includes two one-hour 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 recommended that trainees read the book STAYING WELL: STRATEGIES FOR CORRECTIONS STAFF, 2nd 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

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

<u>Desert Waters Correctional Outreach</u> 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

Instructor Training—From Corrections Fatigue to Fulfillment™ T4T Date: ☐ March 21-24, 2017 ☐ September 19-22, 2017 Registrant Name Agency Name Address City/State/Zip FAX Phone **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 only to offer the 1-day CF2F course to their fellow staff, NOT to train other trainers.