



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 Correction 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 (preferred)
- 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. Through DWCO, Caterina offers trainings and 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, the course True Grit: Building Resilience in Corrections Professionals, and the book Staying Well: Strategies for Corrections Staff, 2nd Ed. She is the editor of DWCO's monthly e-zine--the Correctional Oasis, and the book series Passing It Along: Wisdom from Corrections Staff. Caterina is the 2014 recipient of the Colorado Criminal Justice Association's Harry Tinsley award.

Fee

\$1,195.00 per Instructor Candidate

Training Dates

March 27-30, 2018

September 25-28, 2018

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.

Instructor candidates will receive

a copy of the book **STAYING WELL: STRATEGIES FOR CORRECTIONS STAFF, 2nd Ed.**



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>

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 corrections workforce through the provision of evidence-informed resources, solutions and support.

REGISTRATION FORM

Instructor Training—From Corrections Fatigue to Fulfillment™

CF2F T4T Date: March 27-30, 2018 Sept 25-28, 2018

Registrant Name _____

Agency Name _____

Address _____

City/State/Zip _____

Phone _____

FAX _____

Email _____

Fee: \$1,195.00 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.