



## 4-day Instructor Training

# “Correctional Family Wellness™”

### ABOUT THIS COURSE

“Correctional Family Wellness™” (CFW) is designed to be offered to adult family members of seasoned correctional employees as a **4-hour course**, and also to adult family members of new staff as a 2-hour course. It is also offered to correctional employees as a **4-day, 32-hour Instructor Training** with certification.



### COURSE OBJECTIVES

1. Provide information to family members about the impact of the job on their corrections employee loved one
2. Provide information to family members about the impact of the job on the family
3. Provide family members with practical suggestions for commonly occurring challenges at home in relation to corrections work

### WHY THIS COURSE

Family may be the most important support system of correctional employees. And yet family life is often affected by the inherent stressors of corrections work, at times seriously straining relationships, and affecting the well-being and functioning of all concerned.

Correctional families would benefit from:

- Being informed about how the corrections work environment can impact employees
- Knowing that they are not alone in their struggles
- Being equipped with practical coping tools in order to be able to be appropriately supportive
- Managing the stress of the job when it intrudes on home life
- Being informed about the basics of effective self-care



## COURSE TOPICS

The proprietary course “Correctional Family Wellness™” presents information to adult family members about how corrections work experiences can impact family life, and provides suggestions for dealing with scenarios commonly experienced by correctional families.

Course topics include:

- Corrections Work Realities
- When Work Comes Home
- What Might My Loved One Face at Work?
- Organizational Ways to Counter the Challenges
- Some Help for the Entire Family (in 11 areas)
- ABCs of Self-care
- Family Scenarios  
(7 scenarios for small group discussion)

## TARGET AUDIENCE

CFW is designed for the adult family members of all correctional staff who manage/supervise/treat adults or juveniles in correctional institutions (prisons and jails) or in the community (probation, parole and aftercare settings).

## ABOUT CFW

### INSTRUCTOR CERTIFICATION

- 4-day, 32-hour, Instructor training, followed by two 1-hour telephonic coaching sessions with DWCO’s coaches.
- Instructor candidates who complete all course requirements successfully are certified by DWCO for three years as CFW Instructors
- DWCO-certified CFW Instructors can offer the CFW 1-day course, only to families of staff at their agency, as often as needed during their 3-year certification. They are not certified to offer the CFW course to employees of other agencies.
- As this is NOT a Master Instructor training, DWCO-certified CFW Instructors are not certified to train other instructors.
- Re-certification requires passing an exam. (Fee: \$290)



## COURSE AUTHOR

Caterina Spinaris, PhD, is DWCO’s founding Director and a Licensed Professional Counselor in the State of Colorado. Dr. Spinaris has been treating and training correctional employees and their families since the year 2000. She also develops wellness-related educational materials, and conducts research on wellness of correctional staff and organizations. Dr. Spinaris is the 2014 recipient of the Colorado Criminal Justice Association’s Harry Tinsley award, and the author of the books *Staying Well: Strategies for Corrections Staff*, now in its third edition, and *More on Staying Well: More Strategies for Corrections Staff*. Dr. Spinaris is also the author of DWCO’s signature course, *From Corrections Fatigue to Fulfillment™*, which received the 2016 Commercial Product of the Year Award of Excellence by the International Association of Correctional Training Personnel.

### Colorado CFW Instructor Training 2020

Fee: \$995.00

19-22 Oct

DWCO, 431 East Main St., Florence, CO

8:30am–5:00pm



## CRITERIA FOR CFW INSTRUCTOR CANDIDATE SELECTION

- Prior Instructor certifications recommended, including for DWCO’s course “From Corrections Fatigue to Fulfillment™”
- Experience training in classroom settings
- 5 years+ of working in corrections work settings recommended
- Experience having successfully worked through some work-related challenges in their home life
- Ability to motivate, be empathetic and a be good listener



## ABOUT DWCO

**For more information , contact us at:**  
**[desertwaters@desertwaters.com](mailto:desertwaters@desertwaters.com) or 719-784-4727.**

Desert Waters Correctional Outreach is a 501(c)(3) corporation in Florence, Colorado, 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.

DWCO, PO Box 355, 431 East Main Street, Florence, CO 81226  
**FEIN: 30-0151345**

## REGISTRATION FORM

**“Correctional Family Wellness™” Instructor Certification Course:** Dates  19-22 Oct 2020

Instructor Candidate Name(s): \_\_\_\_\_

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

Mailing Address: \_\_\_\_\_

Email Address: \_\_\_\_\_ Phone: \_\_\_\_\_ FAX: \_\_\_\_\_



**Fee: \$995.00 per Instructor Candidate.** Non-refundable if Instructor Candidate fails to meet certification requirements. Fee includes two 1-hour telephonic coaching sessions.

*Credit/Debit Card payment and Purchase Orders accepted. **Please do NOT email credit card information.***

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 #: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

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

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

**Cancellation Policy:** Full refunds up to three weeks prior to the training, and 75% refunds less than three weeks prior to the training.

Registrations are transferable at any time to other Instructor candidates of the same agency that meet Instructor candidate selection criteria.