



IACTP 2016 Commercial Product Award of Excellence

**FIVE-DAY INSTRUCTOR TRAINING!
"FROM CORRECTIONS FATIGUE TO
FULFILLMENT™" (CF2F)**

This five-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-informed 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.
- Staff who took the course 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 agency instructors as a full-day course.
- Addresses line staff and/or supervisor interests and concerns.

What Instructor Candidates Get

- **Three-year license** as Instructors or Co-instructors to offer the 1-day course exclusively to staff at their agency. (Instructors can train alone; Co-instructors train with a lead Instructor.)
- PowerPoint slides, Instructor Guide, Participant Manual, other course handouts, and future updates of the course, electronically.
- **FIVE customized versions** for staff in **adult corrections or detention facilities, probation and parole offices, juvenile facilities, juvenile community services, and for new staff.**
- **Books** "Staying Well," 2nd Ed., and "More on Staying Well."
- **Certificate of Attendance** for 40 Contact Hours.
- **Two** 1-hour individual telephonic **coaching sessions.**

Criteria for Instructor Candidates

- Prior instructor certifications received (preferred)
- Has trained corrections employees in a classroom setting
- At least 5 years of working in corrections
- Has worked through some work-related challenges
- Able to present emotionally-laden material
- Able to be an empathetic listener
- Able 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 conducts research, and offers trainings and interventions to corrections agencies to counter the effects of occupational stressors, and to increase individual and agency health.

She authored the CF2F course, its sequel, "True Grit: Building Resilience in Corrections Professionals," DWCO's Peer Supporter Training, and the course "Correctional Family Wellness." Caterina also authored the books "Staying Well: Strategies for Corrections Staff," now in its 3rd Ed., and "More on Staying Well: More Strategies for Corrections Staff." Caterina is the 2014 recipient of the Colorado Criminal Justice Association's Harry Tinsley award.

Fee

\$1,395.00 per Instructor Candidate

Training Dates

- 09-13 March 2020
- 05-09 October 2020

Training Location

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

Fee includes two 1-hour telephonic coaching sessions following the Instructor Training. More coaching sessions are offered if needed at no additional charge.

Instructor candidates will receive a copy of the books **STAYING WELL**, 3rd Ed., and **MORE ON STAYING WELL**.



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

Email: http://desertwaters.com/?page_id=3888

Register early. Space is limited.

Registrations are transferable at any time as long as instructor candidate criteria are met.

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 Dates: 09-13 March 2020 05-09 Oct 2020

Instructor Candidate Name(s): _____

Corrections Agency Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

FAX: _____

Email: _____

Fee: \$1,395.00 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: _____

Please do NOT email credit card information.

Cancellation Policy: No refunds less than three weeks prior to the training. Registrations are transferable at any time to another instructor candidate of the same agency.

Please note: This is not a Master Instructor training. Instructor candidates who successfully complete all certification requirements are licensed to offer the 1-day CF2F course to fellow staff, at their agency ONLY, and NOT to train other Instructors.