

BEHAVIORAL HEALTH
PROVIDER CERTIFICATION
COURSE

TCEF:

Treating Correctional
Employees and
their Families



36-hour Online Training & Independent Study

Fee: \$695

TARGET AUDIENCE

Licensed Behavioral Health Providers (e.g., psychologists, clinical social workers, professional counselors, marriage and family therapists)

WHY THIS COURSE

Correctional employees (staff who work in prison, jail, probation, or parole settings) often face formidable occupational stressors, at times with negative effects on their health and functioning.

Correctional agencies aim to counter these effects in part through the provision of mental health services. However, it is not unusual for agencies' efforts to be hampered by the hurdle of under-utilization of such services by the staff. One reason for this may be staff's impression that Behavioral Health Providers are not sufficiently versed in the specifics of the correctional workplace culture, and its impact on staff's professional, personal and family lives.

"We share with each other when we find a mental health professional that we have used that KNOWS what we do and understands us, so that we can refer our co-workers to effective counselors without spending several sessions answering questions about our jobs instead of working on our issues. I hope your message in this respect gets spread far and wide as I truly feel it is SO important."

~ W. D., Lieutenant

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Correctional Outreach

719-784-4727

COURSE FORMAT

- Independent reading of assigned research papers, articles and books, and video viewing, followed by a multiple-choice test *prior* to the 4-day training.
- 4 day online training, 4 consecutive hours per day:
 - ▶ **Day 1:** Nature and challenges of correctional work
 - ▶ **Day 2:** Impact of correctional work on staff's health, on their personal, family, and community life, and on the workforce culture
 - ▶ **Days 3 & 4:** Presenting problems; clinical conditions; confidentiality; therapeutic alliance; transference and countertransference; individual, couples, and family therapy issues; skills-based psychoeducation (self-regulation, self-care, coping strategies, and interpersonal skills); trauma-focused treatments; threat to self &/ or others; pharmacotherapy; clinician's self-care; ongoing pursuit of clinical competency in law enforcement/corrections; resources
- Following the online training:
 - ▶ Multiple-choice test
 - ▶ Scenario-based clinical competency written examination

COURSE GOALS

- The Certification Course entitled **Treating Correctional Employees and their Families** aims to increase the effectiveness of mental health services and their use by correctional staff and their families by equipping Behavioral Health Providers to become:
 - ▶ more knowledgeable about the nature of correctional work and its effects on staff's health
 - ▶ more culturally competent and sensitive about correctional employee mental health issues
 - ▶ better able to put correctional clients' presenting problems in context
 - ▶ better able to effectively "join" with correctional employee clients and/or their family members
 - ▶ better equipped to treat all law enforcement professionals

"For behavioral health providers to be able to really help us, they must first understand us."

~ J. R., Case Manager

COURSE AUTHOR AND INSTRUCTOR

Caterina Spinaris, PhD, LPC, 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 correctional employee wellness. In addition to this course, Dr. Spinaris has also authored DWCO's signature course, *From Corrections Fatigue to Fulfillment™ (CF2F)* which received the 2016 Commercial Product of the Year Award of Excellence by the International Association of Correctional Training Personnel; *True Grit: Building Resilience in Corrections Professionals™*; *Towards Corrections Fulfillment: For New Staff™*; *Correctional Family Wellness™*; and *The Supportive Correctional Supervisor™*. 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*.



Desert Waters Correctional Outreach is a 501(c)(3) tax-exempt corporation (EIN 30-0151345) with the mission to advance the well-being of correctional staff and their families, and the health of correctional agencies, through data-driven, skill-based training.