

ONLINE INSTRUCTOR
TRAINING & INDEPENDENT
STUDY

CFW

"Correctional Family
Wellness™"



Dates

07-09 July 2021; 26-28 January 2022

Times

8am-5pm MT (7-4 PT, 9-6 CT, 10-7 ET)

ABOUT THIS COURSE

Desert Waters' proprietary course "Correctional Family Wellness™" (CFW) 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. This highly interactive course is designed to be offered to adult family members of seasoned correctional employees (jail, prison, probation or parole) 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 34-hour Instructor Training with certification (24 hours online and 8 hours independent study, or 32 hours in person, both followed by two 1-hour telephonic coaching sessions with DWCO's coaches). Independent study includes the books "Staying Well" and "When Home Becomes a Housing Unit."

**34-hour
Instructor Training
with certification**

Fee: \$995

TARGET AUDIENCE

Adult family members of new correctional staff and adult family members of seasoned correctional employees (jail, prison, probation or parole) of all disciplines and job roles

COURSE TOPICS

- Corrections Work Realities
- When Work Comes Home
- What Might My Loved One Face at Work?
- Organizational Ways to Counter the Challenges
- Help for the Family
- The ABCs of Self-care
- Family Scenarios

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719-784-4727

ABOUT CFW INSTRUCTOR CERTIFICATION

- 3-day, 24-hour, online Instructor training plus 8 hours of independent study; or 4-day in-person training; both 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 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 to offer the CFW course.
- Re-certification after three years requires passing an examination.

INSTRUCTOR SELECTION CRITERIA

- Prior Instructor certifications (recommended)
- Experience training correctional employees in classroom settings
- 5 years+ of working in corrections work settings (recommended)
- Experience having worked through work-related challenges in their personal life
- Ability to be empathetic and a good listener
- Ability to moderate discussions

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™*; 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.

COURSE OBJECTIVES

1. Provide information to family members about the possible 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 resources and practical suggestions to address commonly occurring challenges at home related to corrections work

WHY THIS COURSE

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

Correctional families would benefit from:

- Being informed about how the corrections work environment can impact employees
- Being equipped with practical suggestions as to how to be supportive of their correctional employee loved one
- Knowing the basics of managing job stress when it intrudes on home life
- Being informed about the basics of effective self-care