

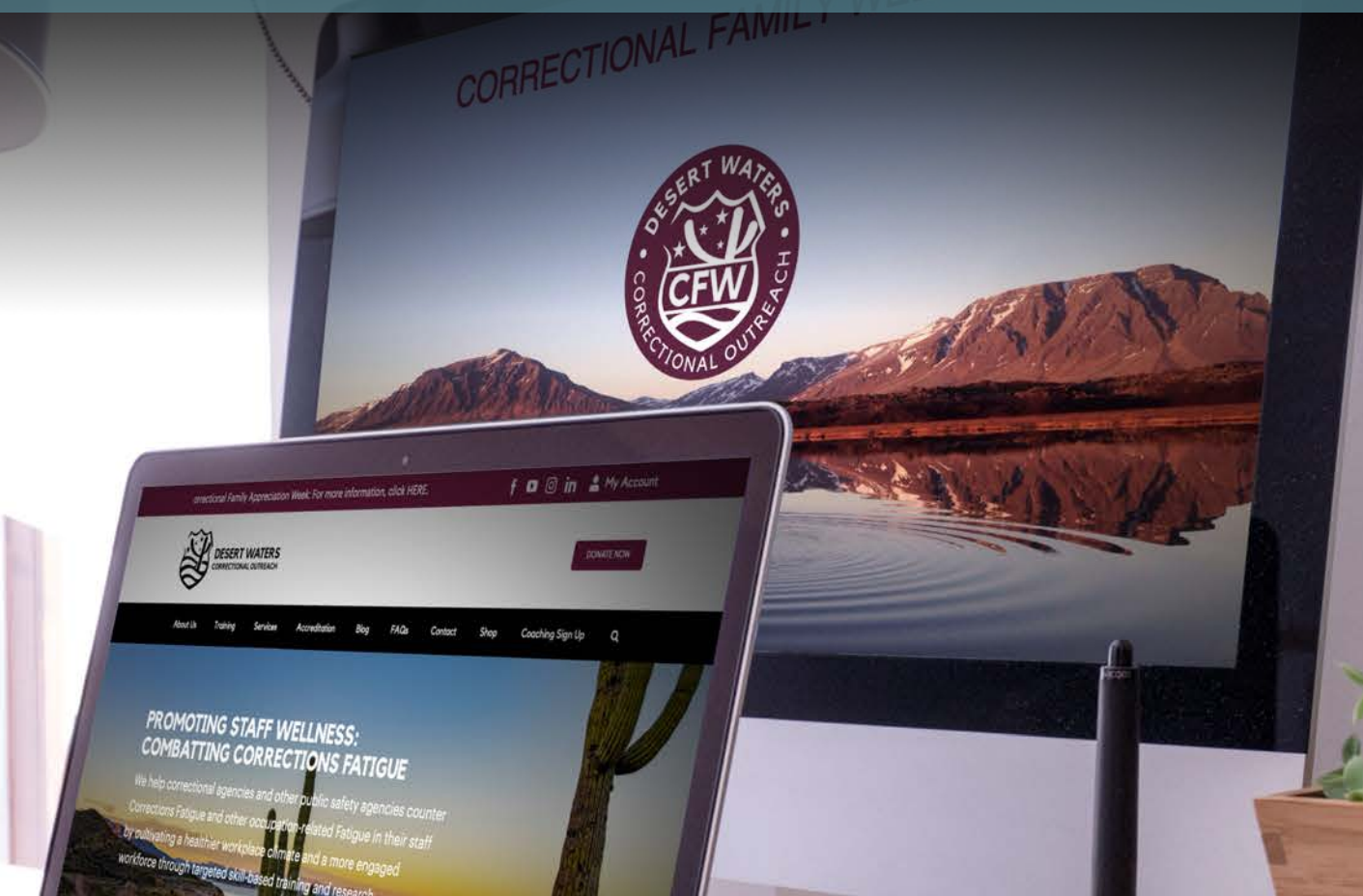


Correctional Family Wellness - For Families™ & Correctional Family Wellness - For Staff™



INSTRUCTOR TRAINING* & DIRECT DELIVERY OPTIONS

*40-HOUR ONLINE OR IN-PERSON TRAINING & INDEPENDENT STUDY



Desert Waters' 6-hour proprietary course "Correctional Family Wellness – For Families™" (CFW-F) presents information to adult family members about how corrections work realities 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), and also to adult family members of new staff. It is also offered to correctional employees as a 32-hour online Instructor Training with certification*. Independent study includes the books "When Home Becomes A Housing Unit," "Staying Well" and "More on Staying Well." We provide a 2-hour version for families of new staff.

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?
 - Help for the Family
 - The Basics of Self-care
 - Family Scenarios

Desert Waters' 6-hour proprietary course "Correctional Family Wellness – For Staff™" (CFW-S) presents an overview of potential negative impact of correctional work on family members due to: (a) lifestyle changes that affect the family because their loved one works in correctional settings, and (b) negative behavioral changes that staff may undergo as a result of their working in corrections. The course also presents the fundamentals of effective strategies for addressing these challenges, and introduces the basics of positive practices for family care and for emotional closeness.

TARGET AUDIENCE
New and seasoned correctional employees (jail, prison, probation or parole) of all disciplines and job roles.

- COURSE TOPICS**
- When Family Members Enter Our Corrections World
 - How Our Families May Be Impacted When Job Requirements Affect Family Life
 - Work-to-Home Stressors
 - Help for Our Families: Issues and Suggestions
 - Helping Our Families Understand Our Negative Changes
 - Family Care Practices

WHY THESE COURSES

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 adult correctional family members can be supportive of one another
- Knowing the basics of managing job stress when it intrudes on home life
- Being informed about the basics of effective self-care

COURSE CONTENT: CFW-S

When Family Members Enter Our Corrections World, Some Correctional Family Members' Stories, Corrections Fatigue Assessment: Home Life, How Our Families May Be Impacted When Job Requirements Affect Family Life, Work-To-Home Stressors, Walls of Protection, Walls of Separation?, Help For Our Families, Helping Our Family Understand Our Personality Changes, But Also Positive Changes, Phases Of Professional Change, My Loved Ones' Love Languages For Receiving Love, Emotional Closeness Questions, What Family Members May Experience, Corrections Fatigue Process Model, Issues And Suggestions For Positive Change, My Family Care Practices Exercise, Resources

COURSE CONTENT: CFW-F

Corrections Work Realities, When Work Comes Home, How Has My Corrections Loved One Changed?, How Have I Changed?, Help for the Family, Emotional Closeness Questions, Self-Care Basics, My Soothers, My Self-Care Practices, Correctional Family Scenarios, Resources,

ABOUT CFW-F & CFW-S

INSTRUCTOR CERTIFICATION

- 40-hour training (online, 24-hour Instructor Training plus 16 hours of independent study), followed by two hours of individual phone or virtual coaching. Instructor candidates who complete all course requirements successfully are certified by DWCO for three years as CFW-F and CFW-S Instructors or Co-Instructors**.
- DWCO-certified CFW-F and CFW-S Instructors can offer the CFW-F and CFW-S courses, only to family members and staff at their
- Agency, as often as needed during their 3-year certification*. They are not certified to offer the CFW-F and CFW-S courses, to employees of other agencies***.
- As this is NOT a Master Instructor training, DWCO-certified CFW-F and CFW-S Instructors are not certified to train other instructors to offer these courses.
- Re-certification after three years requires passing an examination and paying the recertification fee.

INSTRUCTOR SELECTION CRITERIA

- Prior Instructor certifications (recommended)
- Prior CF2F or TCF Instructor certification 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 emotionally-laden discussions
- Not currently experiencing significant personal relationship challenges

COURSE AUTHOR

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™"*; *"Improving the Well-Being of Corrections Professionals: Understanding, Acknowledging, and Overcoming Traumatic Stress™"*; *Peer Supporter Training™*; 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*, and co-author of the book *Building Bridges with Corrections Staff: Spiritually, Practically, Relationally for correctional chaplains*.

**\$1,795 per
Instructor Candidate***

Includes the Instructor Guide and three booklets for independent study, and coaching the agency to integrate the two CFW courses in their staff wellness programming.

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 employees and other public safety employees and their families, and the health of their public safety agencies, through data-driven, skill-based training.

To register (scan or click):



admin@desertwaters.com

719-784-4727

Cancellation Policy: No refunds less than three weeks prior to the training. Registrations are transferable to another instructor candidate of the same agency as long as instructor candidate criteria are met.

*CFW-F & CFW-S combined licenses can be renewed for another three years by passing an online exam, which requires a fee.

**Instructors can teach on their own if necessary; Co-instructors must always team-teach with an Instructor.

***Instructors and Co-instructors are NOT certified to train other instructors at their agency or individuals outside of their agency.