

PROFESSIONAL DEVELOPMENT FOR FAMILY PROFESSIONALS

The Philadelphia
Department of Human Services
provides comprehensive
training programs via
the Institute of Family Professionals.
IFP programs
are designed to give
Family Professionals
the resources
to help them support
the complex needs
of families
in their care.



THE FIVE KEY COMPONENTS OF PROFESSIONAL DEVELOPMENT TRAINING

Transfer of
training
principles



Intentional
process learning

Well-researched
information

Congruent
nurture
values



Measurable
Outcomes

*Classes are held at the
Best Practices Institute
211 North 13th Street, 4th Floor
Philadelphia, PA*

Each level is
foundational
to subsequent
levels, providing
the professional
with a comprehensive
family education experience.



LEVEL I: PREREQUISITE TRAINING

A foundation of information on which each level is built, in 12 two-and-one-half-hour sessions.

LEVEL II: EMOTIONAL HEALTH

An in-depth study of components of emotional health in 12 two-and-one-half-hour sessions.

LEVEL II: COMMUNICATION SKILLS

An in-depth study of family dynamics and relationships in 12 two-and-one-half-hour sessions.

LEVEL II: RELATIONAL HEALTH

An in-depth study of the dynamics of communication in 12 two-and-one-half-hour sessions.

LEVEL III: SPECIALTY SUBJECTS

Detailed and targeted studies of specific subjects, such as understanding anger, group facilitation, effective discipline, and bullying.

...Commitment to Results

...A Proven System

...Knowledge Retention

WHAT PEOPLE SAY ABOUT IFP...

- *"I feel I now have a base-knowledge of anger and the skills and supports to help clients recognize the damage done by negatively expressing anger."*
- *"The training process allows for a variety of opportunities to learn, digest and apply material. The classes are well run and continue to model positive structure exploration of relevant material, appropriate interventions and a healthy environment to view difficult issues (and parts of self) while feeling safe and supported...exactly what we as family educators hope to impart to the families we serve."*
- *"The trainers are excellent and consistently model a nurturing and intentional approach to facilitating."*
- *"This session, like all of the sessions, has changed my life. The information is so valuable in both my professional and personal life! These are more than courses...they are a way of life."*

Institute for Family Professionals
PO Box 127
Fort Washington, PA 19034
Phone: 215.654.9414 extension 51
www.ifpros.net



**Comprehensive
Professional
Development
Training**

LEVEL II: RELATIONAL HEALTH

An in-depth study of family dynamics and relationships in 12 two-and-one-half hour sessions including:

- Parenting styles
- Understanding families as systems
- Transgenerational nature of families
- Principles and properties of relational health
- Ethical dimension of relationships
- Advocacy of issues for children
- Tasks of parents
- Safety issues
- Leadership concepts addressing application of contextual approaches to loyalties
- Homeostasis in families
- Group dynamics and group management

LEVEL III: SPECIALTY SUBJECTS

Once Levels I and II are completed, specific training is available in areas such as:

- Understanding anger
- Group facilitation
- Limit-setting for toddlers
- Effective discipline
- Bullying
- Promoting children's self-esteem
- The difficult child
- Grief and loss
- Single parenting
- Practicum in group facilitating
- Competencies and standards for professional family educators
- Mentorship process for colleagues

Transformational Training

LEVEL I: PREREQUISITE TRAINING

Foundational materials are presented in 12 two-and-one-half hour sessions including:

- A philosophical approach that embraces the importance of emotional health
- Core information about child development and ways to appreciate each child's uniqueness
- Fundamental leadership concepts that address recognition of the phases of growth
- Ways to promote self-discovery
- Attributes of effective family trainers
- Ways to ensure transfer of training

Each level is foundational to subsequent levels, providing the professional with a comprehensive family education experience.



LEVEL II: EMOTIONAL HEALTH

An in-depth study of the components of emotional health in 12 two-and-one-half hour sessions including:

- What promotes self-esteem
- Ways to recognize needs
- Identifying stress due to change
- Underlying issues
- Core belief systems
- Message Awareness
- Grief and trauma
- Values
- Emotional Intelligence
- Leadership concepts addressing burnout
- Ways adults learn
- Recognition of and response to serious psychological issues in children and adults
- Distinction between education and therapy



LEVEL II: COMMUNICATION SKILLS

An in-depth study of communication dynamics in 12 two-and-one-half hour sessions including:

- Seven basic communication skills
- Specific applications of communication skills for family educators
- Recognition of ineffective and toxic forms of communication
- Emphasis on Active Listening skill development
- Recognizing and developing affirmations and I-messages
- Question sensitivity
- Problem exploration
- Conflict resolution
- Leadership concepts that address approaches for creating safe group environments
- Ways to decrease threat levels and promote trust

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