

Family Support Provider Basic Training

Sections adapted from Appalachian Consulting Group.
Revisions made March 2015 to also include additional resources

Family Support Provider Basic Training		
<i>Day 1</i>	<i>Day 2</i>	<i>Day 3</i>
Session 1 Welcome/ Overview and Issues that Impact Families 8:30 to 9:30	Session 7 Adolescent Brain Development 8:30 to 9:30	Session 13 Problem Solving 8:30 to 9:30
Session 2 State Systems: Peer Support and the Role of Training 9:45-10:45	Session 8 Trauma 9:45-10:45	Session 14 Facing ones Fears 9:45-10:45
Session 3 Five Stages of the Building Resiliency Process 11:00-12:00	Session 9 Changing Family Dynamics/Tips for Working with TAY 11:00-12:00	Session 15 Wellness and Self-Care 11:00-12:00
Session 4 Five Stages of the Building Resiliency Process - Dangers 1:00-2:00	Session 10 Effective Listening and the Art of Asking Questions 1:00-2:00	Session 16 Family Support Providers in the Workplace 1:00-2:00
Session 5 Using Your Resiliency Story as a Resiliency Tool 2:15-3:15	Session 11 Combating Negative Self-Talk 2:15-3:15	Session 17 Family Support Provider Ethics 2:15-3:15
Session 6 Creating Relationships that Build Resiliency 3:30-4:30	Session 12 Clarifying and Establishing Boundaries 3:30-4:30	Session 18 Resources, Next Steps, Wrap-up 3:30-4:30