

## CERTIFICATION TRAINING PROCESS

Level 1 Learner Workshop followed by 15 weeks of mentored Level 2 Training with a University of Washington Master Trainer

### What is Promoting First Relationships?

- An evidence-based curriculum for service providers, to help parents and other caregivers meet the social and emotional needs of young children
- Video feedback approach grounded in attachment theory and reflective practice principles
- Gives professionals who work with caregivers and young children (0–5) the knowledge, tools and strategies to guide and support caregivers in building nurturing and responsive relationships with children

### Who should use Promoting First Relationships?

Infant Mental Health Specialists, Child Welfare Providers, Social Workers, Home Visitors, Early Interventionists, Family Service Workers, Childcare Providers, Early Childhood Education Teachers, Public Health Nurses

### What will be covered during the Level 1 Learner Workshop?

Our workshops, delivered virtually over 4 half days, are designed to give service providers knowledge about using Promoting First Relationships within one's own practice. The workshop is taught by PFR Master Trainers who use various learning approaches including video examples, case studies, and discussion. Participants receive curriculum, parent handouts, and training in the following:

- Elements of a Healthy Relationship
- Attachment Theory and Secure Relationships
- Reflective Capacity Building
- Development of Self for Infants through Preschoolers
- PFR Consultation Strategies
- Challenging Behaviors
- Intervention Planning Development

### What will the 15 weeks of mentored online Level 2 training involve?

#### During the first 5 weeks, you will:

1. Complete weekly readings in your PFR manual
2. View 11 professionally-filmed PFR sessions with caregivers (parents and child care providers) and young children (infant, toddler, special needs)
3. Meet online weekly for one hour with your trainer to discuss. Total time commitment for Phase 1 is about 4 hours/week.

#### During the next 10 weeks, you will:

Conduct the 10-week PFR program with one caregiver/child dyad at your own site. During this time, you will be mentored weekly online by your trainer. Sessions will include reflection on videos of the dyadic interactions and discussion about how to implement the PFR concepts and consultation strategies. Total time commitment for Phase 2 is about 3 hours/week.

