

## **I. Creating Safe and Nurturing Environments**

Offerings in this track help professionals develop and maintain safe and nurturing environments for students and staff by addressing important topics such as strengths building, crisis intervention, behavior management, and sexual aggression. Trainings/workshops include:

### **Response Ability Pathways™ (RAP)**

RAP is basic training in building strengths. This class offers strategies on how to deal with challenging children youth who are experiencing difficulty in the family, school, or community. Participants will develop the ability to respond to needs instead of reacting to problem behaviors and learn to connect with challenging children, clarify, problems, and restore bonds of respect. For an additional fee, two semester hours of graduate credit available through Augustana College, Sioux Falls, SD; 2.4 CEUs through VCU School of Social Work.

#### **Training Dates & Locations**

<b>April 28-30, 2008</b>	<b>Richmond, VA</b>
<b>September 29-October 1, 2008</b>	<b>Fairfax, VA</b>

**Cost: \$375 (Group Rates Available)**

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### **Life Space Crisis Intervention™ (LSCI)**

LSCI is an advanced therapeutic approach for tuning crisis situations into learning opportunities for children and youth with chronic patterns of self-defeating behaviors. Participants will learn and use a cognitive-behavioral approach to behavior management and problem solving. For additional fee, three semester hours of graduate credit are available through Augustana College, Sioux Falls, SD; 4.5 CEUs through VCU School of Social Work

#### **Training Dates & Locations:**

<b>February 18-22, 2008</b>	<b>Richmond, VA</b>
<b>November 3-7, 2008</b>	<b>Fairfax, VA</b>
<b>August 18-22, 2008</b>	<b>Richmond, VA</b>

**Cost: \$595 (Group Rates Available)**

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### **Life Space Crisis Intervention™ (LSCI) Re-certification**

This one-day workshop refreshes your LSCI skills and brings additional insights about this powerful process for helping kids in crisis gain insights into their patterns of self-defeating behaviors. Participants share their experiences with LSCI and participate in role plays to hone and reassess their skills.

#### **Training Dates & Locations:**

<b>April 2, 2008</b>	<b>Richmond, VA</b>
<b>September 17, 2008</b>	<b>Richmond, VA</b>

**Cost: \$95**

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### **Connecting with Highly Spirited Youth**

Renowned child psychologist Urie Bronfenbrenner said: "Every child needs a least one adult who is unconditionally crazy about him or her." Research has shown that a mentor can have a positive life-long influence on a young person! This six-hour workshop for mentors and tutors help them raise their awareness and understanding of young people who may display emotional and/or behavioral challenges due to traumatic life struggles.

**For more information contact: 804.353.4461 x1290 or [learning@umfs.org](mailto:learning@umfs.org)**

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### **Tapping Into the Healing Journey of Sexually Reactive Youth**

Sexually reactive youth are not "damaged goods"! UMFS' strengths-based collaborative treatment approach help youth develop behavior and value changes so they can lead more productive lives. This seven-hour training offers participant discussion and experiential learning for this life-change process.

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### **First Aid/CPR**

Certified Trainers will teach and demonstrate the proper techniques to administer First Aid and CPR by using the content from the American Heart Association course *Heartsaver*.

#### **Training Dates & Locations:**

<b>March 28, 2008</b>	<b>Richmond, VA</b>
<b>June 27, 2008</b>	<b>Richmond, VA</b>
<b>September 26, 2008</b>	<b>Richmond, VA</b>
<b>December 5, 2008</b>	<b>Richmond, VA</b>

**Cost: \$95**

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### **Medication Management**

Competency-based training designed for Medication Aides working in Virginia's Licensed Assisted Living Facilities, Adult Day Care Center and Children's Residential Facilities. Also includes the Insulin Module. This class meets the requirement of the code of Virginia 54.1-3408.

#### **Training Dates & Locations:**

<b>March 12-14, 2008</b>	<b>Richmond, VA</b>
<b>May 14-16, 2008</b>	<b>Richmond, VA</b>
<b>July 23-25, 2008</b>	<b>Richmond, VA</b>
<b>September 17-19, 2008</b>	<b>Richmond, VA</b>
<b>November 19-21, 2008</b>	<b>Richmond, VA</b>

**Cost: \$250 (Group Rates Available)**

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## II. Developing Effective Supervisors

Being an effective supervisor is not an easy task and it requires multiple skills including self-awareness. Our supervisory track develops supervisory skills so supervision can evolve into a rewarding and successful experience. We have tailored this track to meet this endeavor with the following classes and workshops:

### **Effective Building Blocks for New Supervisors**

New supervisors have the opportunity to learn the essential components for effective supervision. Topics include: supervisor roles and learning styles, interview and selection for preventive management, performance evaluation, and disciplinary procedures.

**For more information contact: 804.353.4461 x1290 or [learning@umfs.org](mailto:learning@umfs.org).**

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### **Maximizing Organizational Behavior and Learning**

This two-day class teaches supervisors to effectively facilitate employee performance. Through experiential learning, supervisors develop insight into their leadership style, motivation, decision-making style and group dynamics.

#### **Training Dates & Location:**

<b>April 14-15, 2008</b>	<b>Richmond, VA</b>
<b>May 19-20, 2008</b>	<b>Fairfax, VA</b>
<b>October 20-22, 2008</b>	<b>Richmond, VA</b>

**Cost: \$195**

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### **Mastering Crucial Conversations in the Workplace**

Are you ready to get unstuck and achieve synergy, alignment, and agreement with individuals, teams, and your organization? Then come and learn valuable conversation tools to handle controversial and heated issues, professionally discuss issues in a way that makes it safe for everyone to speak, and create an environment where people share their best ideas, make wise choices and then act on their choices with conviction.

#### **Training Dates & Location:**

<b>June 3, 2008</b>	<b>Fairfax, VA</b>
<b>October 15, 2008</b>	<b>Richmond, VA</b>

**Cost: \$95**

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### **Kaleidoscope of Cultural Differences**

By developing a stronger appreciation and respect for other peoples' unique difference one can have a profound impact on the team or organization in which he/she serves. Through this class participants will have the opportunity to expand their understanding and knowledge about culture and cultural competency.

#### **Training Dates & Location:**

<b>March 3-4</b>	<b>Fairfax, VA</b>
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**Cost: \$195**

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**Myers-Briggs Type Indicator (MBTI) Workshop**

Learn about the Myers-Briggs type preferences through experiential activities to yield powerful new insights at the individual and team levels. We need to understand each other better and appreciate personal differences in order to collaborate. Transforming our differences from to a source of team strength dramatically increases our creativity and the results of the people we serve.

For more information contact: 804.353.4461 x1290 or [learning@umfs.org](mailto:learning@umfs.org)

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### **III. Workplace Essentials**

Rewarding and successful work environments require competent, efficient, and effective employees. We have established sessions to assist employees with growth in these areas:

#### **Kaleidoscope of Cultural Differences**

By developing a stronger appreciation and respect for other peoples' unique differences, one can have a profound impact on the team or organization in which he/she serves. Through this class, participants will have the opportunity to expand their understanding and knowledge about culture and cultural competency.

#### **Training Dates & Location:**

**March 3-4, 2008**

**Fairfax, VA**

**Cost: \$195**

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#### **Facilitating Effective Meetings**

Are you ready to maximize your meeting time? Then this workshop is for you! Come and learn the essential strategies in meeting facilitation in order to meet your desired outcomes.

**For more information contact: 804.353.4461 x1290 or [learning@umfs.org](mailto:learning@umfs.org)**

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#### **Facilitator's Workshop to Active & Engaging Learning Events**

If you conduct training, give presentations, or lead workgroups then this workshop is for you. It will provide you with a clear understanding of adult learning, stronger "how to" knowledge on developing learning events, and effective techniques for leading learning events.

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