

# ACT Facilitator Training Program for Professionals

January 23 - 24, 2019  
9:00 AM - 4:30 PM  
Child & Family Resources  
Mount Arlington, NJ

## Registration Details

Registration Fee includes continental breakfast and snacks each day. Lunch is on your own.

Fees & Payment [www.cfrmorris.org](http://www.cfrmorris.org)

\$250 Registration Fee

\$75 Materials Fee/ACT RSK Kit (\$150 value)

## Description

### ACT Facilitator Training Program for Professionals

January 23– 24, 2019  
Child & Family Resources  
111 Howard Blvd. Suite 104 Mt. Arlington, NJ 07856

#### Who should attend:

Professionals and organizations working with caregivers of children 0-8 years old including:

- case managers
- childcare workforce
- clergy
- counselors
- educators
- family therapists
- law enforcement personnel
- marriage therapists
- mediators
- mental health workers
- nurses and medical staff
- psychologists
- social workers
- other related fields

Agenda		Wednesday, January 23, 2019
8:30 a.m.		Registration and light breakfast
9 a.m.		<ul style="list-style-type: none"> <li>• Introductions and general Information</li> <li>• Introduction about the workshop</li> <li>• General review of the ACT program Review of the ACT kit</li> <li>• Review of the program curriculum</li> </ul>
9:15 a.m. to 11:15 a.m.		<ul style="list-style-type: none"> <li>• Concepts of Motivation and Change: Pre-Program meeting</li> <li>• Child Development: Session 1</li> </ul>
11:15 a.m. to 12:15 p.m.		Lunch (on your own)
12:15 p.m. to 1:15 p.m.		Impact of Violence on Children: Session 2
1:15 p.m. to 2:15 p.m.		Anger Management for Adults: Session 3
2:15 p.m. to 2:30 p.m.		Break
2:30 p.m. to 4:30 p.m.		<ul style="list-style-type: none"> <li>• Helping Angry Children: Session 4</li> <li>• Children and Electronic Media: Session 5</li> <li>• Wrap-up of the day</li> </ul>
Agenda		Thursday, January 24, 2019
9:00 a.m.		Light breakfast & Review
9:30 a.m. to 10:30 a.m.		Discipline and Parenting Styles: Session 6 (Part A)
10:30 a.m. to 10:45 a.m.		Break
10:45 a.m. to 12:45 p.m.		Discipline and Parenting Styles: Session 6 (Part B) Discipline for Positive Behaviors: Session 7
12:45 p.m. to 1:45 p.m.		Lunch
1:45 p.m. to 2:45 p.m.		<ul style="list-style-type: none"> <li>• Implementing the ACT program: Session 8</li> <li>• Debriefing</li> </ul>
2:45 p.m. to 4:00 p.m.		<ul style="list-style-type: none"> <li>• The ACT regional centers</li> <li>• ACT facilitator certification process</li> <li>• Workshop post-evaluation</li> <li>• Distribution of certificates</li> <li>• Final wrap-up</li> </ul>

## Course objectives:

- Identify the risk factors for violence and its consequences in children's lives.
- Describe and use practical methods of discipline with children.
- Recognize protective factors and skills for effective parenting (such as anger management, peaceful conflict resolution, positive discipline and screen/media violence education).
- Identify strategies for planning and implementing a successful parent group program in their agency or community.
- Use skills learned to participate in community-wide prevention efforts with a support network of professionals.

The two-day training program is very interactive and uses self-discovery learning. Participants will have the opportunity to engage in small and large groups, individual work, multimedia presentations and role-playing.

**Instructor:** Rebekka Zydel, Executive Director Child & Family Resources. Rebekka has over twenty years of experience in the field of Early Care & Education and more than ten years of experience in the field of Child Care Resource and Referral. For the past seven years she has held the position of executive director, Child & Family Resources Inc., the state designated resource and referral agency serving Morris County New Jersey. Rebekka is an ACT RSK Master Trainer and received ACT Raising Safe Kids Facilitator certification in 2011.

**To Register contact:** If you have questions, would like to register, or need additional information, please contact Kayla Gieger at [kgieger@CFRMorris.org](mailto:kgieger@CFRMorris.org) or call (973) 601-6151. Or visit [www.cfrmorris.org](http://www.cfrmorris.org)

**Cancellation policy:** A full refund of fees will be made if cancelled 2 weeks prior to the training. With less than 72 hour notice, 80 percent will be refunded. No refund will be made after the training.

**ADA:** In accordance with the Americans with Disabilities Act, Child & Family Resources seeks to make training accessible to all. If you have a disability which might require special accommodations, please e-mail your needs to: [kgieger@cfrrmorris.org](mailto:kgieger@cfrrmorris.org) or call (973) 601-6151.

For more resources check out the ACT website at [actagainstviolence.apa.org](http://actagainstviolence.apa.org).

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## About ACT

ACT Raising Safe Kids is a parenting program designed for parents of early childhood/young school-age children developed by the American Psychological Association.

ACT has been recognized by the Centers for Disease Control, Head Start, the World Health Organization, Crime Solutions and the California Evidence-Based Clearing House as an effective parenting program. ACT is a cost-effective program to train in and to deliver to parents at a grass-roots level.

Through ACT, parents and primary caregivers of children ages 0-8 years attend groups designed to prevent child maltreatment; build positive, nonviolent parenting skills; and prevent or reduce children's aggression and related behavior problems.

Research on ACT indicates that parents who completed the program considered it to be non-judgmental. They enjoyed the interactive and participatory classes and are using more effective, nonviolent methods of parenting. In addition, research demonstrates that program completers use less physically violent discipline, and their children have fewer behavior problems. This emerging best practice is a perfect fit to address the needs of families in communities throughout the U.S.

A key strength of the ACT Raising Safe Kids parenting program is the high level of parent engagement. Adults learn best when they are actively engaged in the learning experience. The facilitator training mirrors this by using materials and activities from the curriculum and helping participants (future facilitators) gain familiarity and confidence in using the program curriculum.

Strategies will be discussed for keeping participants motivated and engaged in the program, implementing the program in your agency or community, and troubleshooting challenges and barriers.

### **ACT RSK Facilitator Certification Process:**

- Attend 2-day Facilitator Training conducted by an APA Certified Master Trainer
- Conduct one (9) week ACT RSK Parenting Series
  - Collect Pre/Post Evaluations
  - Be observed during Session 6 (in person or video recording)
  - Complete ACT RSK Parenting Series Check List
  - Complete APA Survey (Survey Monkey Link)
  - Participate in one Post Session interview with Master Trainer
- Upon completion of the above; Certificate of Certification is issued