



## HSU Course Outline

# Family Engagement - Promoting Self-Awareness and Culturally Responsive Relationships

80-501-2154

2 Days

## Description

This course places a focus around the work that family service professionals do. The course will guide and support family service professionals and will promote understanding of respecting and responding to the cultures, language, values and family structures of each family. The course addresses two separate but interlocking competencies. The first competency is formed through self-awareness and culturally responsive relationships. The second competency will guide you in the importance of professionalism and how you participate actively in opportunities for professional development related to family engagement. Your professional growth defines you. This course will guide you in the professional choices that you make and the work that you do. Family Service Professionals who are well trained in these competencies are better prepared to work with families as they make positive steps toward their goals.

## Competencies

- Self-Awareness and Culturally Responsive Relationships
- Professional Growth

## Who Should Take This Course?

This course is most beneficial to Family Service workers working in Head Start programs. Program Managers, who are responsible for family support activities will also benefit from this course. Head Start staff, who interact regularly with families and want to enhance their family-partnership skills will also benefit from this course.

## Learning Objectives

- ✓ Understand that each family has strengths and resilience
- ✓ Understand how families cultures influence caregiving practices and shape family life and children's early development
- ✓ Understand and respect variations in families, cultures, experiences, expectations and child rearing beliefs and practices
- ✓ Understand one's own beliefs, values, experiences, ethics and biases to increase self-awareness about how they may affect work with families and their children.
- ✓ Understand the importance of ongoing reflective practice (self-reflection) to enhance work with families.
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- ✓ Understand the importance of health self-care habits for one's own well-being and to enhance the ability to build responsive relationships with families and their children
- ✓ Understand legal and professional ethical standards related to confidentiality and privacy

## Outline

### Course Agenda:

#### Day 1

##### Professional Relationships, Values and Ethics

Ethical Issues

Confidentiality

Social Work Value and Ethics

##### Family Service Work

What is family service work?

##### The Profession of Social Work

What is Social Work?

What is Social Welfare?

##### Human Diversity

- Race and Ethnicity
- Culture and Culture Competence
- Ethnic and Cultural Differences

**Culture Competence**

- Culture and Communication
- Your ethical responsibility
- Where are the differences?
- Dimensions of Culture
- Competence

**Attitudes and Boundaries**

- Understanding Attitudes
- Helping Attitudes
- Understanding Boundaries
- Seeing yourself and families as separate individuals
- Erecting Detrimental Boundaries
- Transference and Countertransference

**Day 2:**

**Gender, Culture and Ethnicity Factors**

- Gender, work and Family Life

**Exploring Self-Identity**

- Theories of Identity Development
- Identity Crisis
- Race, Ethnicity/Cultural Identity Formation
- Gender Identity
- Individual Identity
- Influences of Others on Your Identity

**Self-Awareness**

- Learning the Role of Impartial Observer
- The Key to Well Being
- Creating a Relationship with Yourself
- Self Care is a Life Style

**Mindfulness in Relationships**

- What is the mindful relationship
- Accepting Others as they are
- Understanding Your Needs in Relationships
- Creating a Secure Relationship

**Self Care at Work**

- Soothing stress and increasing work
- Productivity
- Letting Go of Comparisons
- Staying Healthy

**Stressful Issues**

- Grieving a Significant Loss
- Struggling with Self-Esteem
- Managing Anxiety and Depression
- Tending to Sleep Issues