

Promoting **FIRST** Relationships

Coming October 1, 2011

Distance Learning Option for *Promoting First Relationships*©

Promoting First Relationships (PFR) is a research-based, infant mental health program at the University of Washington's Center for Infant Mental Health and Development that supports secure and nurturing environments for young children and their caregivers. In response to the many requests for online training, we are launching an online, mentored training program.

Training

Participants will work individually or in pairs with one of our Promoting First Relationships master trainers.

- During the first 10 weeks, trainees will view professionally filmed PFR sessions with caregivers (parents and child care providers) and young children (infant, toddler, special needs). The tapes were developed and narrated by Dr. Jean Kelly, PFR director. After viewing each tape, master trainers and trainees will meet every other week on line to reflect on the filmed sessions and the PFR infant mental health essentials.
- During the next 10 weeks, trainees will be mentored weekly on line as they implement PFR with caregiver/child dyads at their own sites. Sessions will include reflection on videos of the dyadic interactions that trainees upload to a secure website, and discussion about how to implement the PFR concepts and consultation strategies.

Pre-requisites

- 3-day PFR Workshop through NCAST in Seattle. Or an on-site workshop delivered in your area may be arranged through NCAST (www.ncast.org)
- Access to a computer with internet access and a video camera to record sessions during the second 10 weeks.

Costs for 6-Month Mentored Training Program

- Individual mentoring: \$2750
- Pair mentoring (two individuals simultaneously; preferably from the same agency): \$1950 each

Contact: Jennifer Rees, MSW, PFR Program and Training Manager, rees@uw.edu.

Registration at this time is limited to the first 20 applicants. For more information about Promoting First Relationships visit our website at www.pfrprogram.org.