

HEALTHY PARTNER AND FAMILY RELATIONSHIPS SKILLS PRACTICE

(PLEASE BRING TO NEXT TRAINING SESSION)

Name:	Date:
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Practice goals for this week:

1. Increase FSW awareness of family and partner conflict.
2. Improve FSW ability and skill in effectively responding (or not responding) to family conflict

Use this worksheet to plan for your practice, and then to record your observations. Feel free to share your observations with your supervisor. We will discuss the practice in the next training session.

RIGHT NOW: PLAN HOW YOU WILL PRACTICE

1. IDENTIFY ONE CAREGIVER ON YOUR CURRENT CASELOAD THAT YOU THINK MIGHT BE EXPERIENCING FAMILY OR PARTNER CONFLICT

Parent's initials or name (first name only, please) _____

What have you observed so far that gives you the impression that this individual may have family conflict issues?

2. CIRCLE THE SKILL(S) WOULD YOU LIKE TO PRACTICE IN YOUR INTERACTION WITH THIS CLIENT OVER THE NEXT TWO WEEKS

- Reflecting and validating client's emotions
- Asking open-ended questions to explore situation
- Screening for Domestic Violence
- Identifying caregiver stage of change with regard to increasing safety
- Helping caregiver to consider ways to increase safety
- Using reflective listening, open-ended questions, and affirmations to increase caregiver's motivation to increase family safety
- Guide caregiver to use positive partner communication
- Reflecting stress shared by caregiver and partner
- Increasing personal self-care

FILL OUT SECTIONS 3 – 5 OVER THE NEXT 2 WEEKS (BRING TO NEXT TRAINING)

3. WHAT SKILLS DID YOU PRACTICE? (CIRCLE BELOW)

- Reflecting and validating client's emotions
- Asking open-ended questions to explore situation
- Screening for Domestic Violence
- Identifying caregiver stage of change with regard to increasing safety
- Helping caregiver to consider ways to increase safety
- Using reflective listening, open-ended questions, and affirmations to increase caregiver's motivation to increase family safety
- Guide caregiver to use positive partner communication
- Reflecting stress shared by caregiver and partner
- Increasing personal self-care

4. HOW DID IT GO?

4A. WHAT WENT WELL

4B. WHAT DID NOT GO AS WELL AS PLANNED

5. SUPERVISOR'S FEEDBACK