

FOCUS FOR FAMILIES

FOCUS (Families OverComing Under Stress) is an evidence-based, trauma-informed intervention.

SIGN UP FOR OUR NEXT TRAINING!

August 22-23 • 8:30-4:30PM

UCLA | 740 Westwood Plaza | Los Angeles, CA 90095

RSVP: info@nfrc.ucla.edu by August 17th!

CEUs are available.

ABOUT FOCUS

FOCUS for Families is designed to:

- › Help families to identify and build upon their existing strengths and positive coping strategies.
- › Increase parents' and youth's understanding of how different family members have experienced difficult situations.
- › Assist parents in working more effectively as a team in caring for their children.

TRAINING IN THE FOCUS MODEL

Training in FOCUS is available through the Training Institute at the Nathanson Family Resilience Center. Training consists of independent learning, two days of interactive training led by a FOCUS Master Trainer, and ongoing model consultation.

By the end of FOCUS Training participants will be able to:

- › Implement the core elements of the FOCUS model.
- › Utilize the FOCUS assessment tool to identify family strengths and areas for growth.
- › Provide trauma-informed education and developmental guidance.
- › Facilitate a Family Narrative Timeline.
- › Support families in building key mechanisms of resilience.

ACCREDITATION

The Semel Institute is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing medical education for physicians.

The Semel Institute designates this live activity for a maximum of 14.0 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Social Workers and MFCCs/MFTs: The Semel Institute at UCLA is an accredited provider for continuing education credits for LCSWs and MFCCs/MFTs (provider number PCE 378). This course meets the qualifications for up to 14.0 hours of continuing education credit for LCSWs and MFCCs/MFTs as required by the California Board of Behavioral Sciences.



THE FOCUS MODEL BY SESSION

Each FOCUS session helps families build a shared family narrative and learn new skills that promote resilience.



› SESSIONS 1 & 2 [Parents Only]

Parents set family goals and develop their narrative timeline.



› SESSIONS 3 & 4 [Youth Only]

Youth learn to identify and manage complex or difficult feelings. They develop a narrative timemap to describe their experiences.



› SESSION 5 [Parents Only]

Parents learn skills to understand their children's perspectives and clarify any misunderstandings. Parents prepare to lead family meetings over the following three sessions.



› SESSIONS 6-8 [Family Sessions]

Families develop a combined narrative timeline and participate in skill-building activities consistent with their goals. Parents and children work together to identify long term family goals.