

the art of **RELATIONAL CARE**



COURSE SYLLABUS CONTINUING EDUCATION & PROFESSIONAL DEVELOPMENT

Course Title: The Art of Relational Care
Facilitator: James Freeman, MA, CYC-P
Duration: 7.0 credit hours
Type: Distance Learning Course
Location: www.training-grounds.net

AUDIENCE

This course is designed for helping professionals working with students and young people (e.g., child and youth care workers, counselors, therapists, social workers, educators/paraeducators, health care/public safety workers, coaches/sports trainers). It is also relevant for parents, relatives and community members.

DESCRIPTION

This course surveys the interpersonal dynamics of the adult-youth helping relationship in the unique context of a relational Child and Youth Care/Social Pedagogy approach. Through a series of recorded conversations with an experienced interdisciplinary team, this self-paced distance learning course provides helping professionals and others with specialized knowledge and skills to support students and young people within the context of their daily lives. It focuses on the experience of the relationship itself as the most influential aspect of empowering others to learn, grow, and thrive.

Course components include: (a) a workbook with session highlights and guided reflection questions, (b) eleven recorded instructional sessions with an interdisciplinary team of professionals, (c) a multiple-choice exam, and (d) a certificate of completion.

EDUCATIONAL GOALS

This course equips helping professionals with a relational framework to connect and engage with students and young people in ways that build trust, demonstrate reciprocity, and provide practical support. Participants will explore the unique elements and demands of the interpersonal experience in the helping relationship and reflect on ways to apply what is learned in their immediate context with young people. Participants will learn ways to engage with young people and establish feelings of safety, attend to the internal process and co-created relational space, and how to create conditions that support young people in growth and navigating challenges in their lives.

MEASURABLE LEARNING OBJECTIVES

At the end of this course participants will be able to: (1) Identify three methods to establish trust and emotional safety with young people; (2) List three elements of reciprocity in the shared relational space with young people; and (3) Describe three strategies to nurture resilience in young people.

COURSE OUTLINE

Total course duration is 7.0 credit hours. This includes 300 minutes of recorded instruction plus 10-minute allocation to complete guided application in the course workbook for each session in parts one through three.

GETTING STARTED

- Course Preview (3:53)
- What to Expect in the Course (2:57)

PART 1: MEANINGFUL CONNECTION

- Building Trust with Kids in Pain (25:35)
- Connecting from the First Encounter (29:24)
- Showing Up with Presence (16:43)

PART 2: MINDFUL ENCOUNTERS

- Finding Moments of Influence (34:11)
- Making Meaning of Our Experiences (21:55)
- Trusting Ourselves to Be Flexible (30:26)

PART 3: MOTIVATIONAL IMPACT

- Discovering Inner Resilience (35:35)
- Nurturing Connections that Heal (31:26)
- Taking the Risk to Connect (21:48)

ADDITIONAL SESSIONS

- Does Love Have a Place in Our Work? (23:56)
- Whose Perspective Really Matters? (22:04)

WRAP UP

- Course Exam (20:00)
- Evaluation (10:00)



PROVIDER APPROVALS

CALIFORNIA ASSOCIATION OF MARRIAGE AND FAMILY THERAPISTS

Training Grounds LLC is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for:

- Licensed Marriage and Family Therapists
- Licensed Clinical Social Workers
- Licensed Professional Clinical Counselors
- Licensed Educational Psychologists

Training Grounds LLC maintains responsibility for this course and its content.

CAMFT CE PROVIDER ID 10005971

CHILD AND YOUTH CARE WORKERS

This course is accepted by the Child and Youth Care Certification Board for continuing education in the following competency domain: IV(B)(2) Relationship and Communication.

EDUCATORS

Prior local district approval is recommended and the responsibility of the student if using course towards salary advancement, credential renewal, and/or certification.

PROGRAM INFORMATION AND POLICIES

COURSE FEE

\$300 (includes downloadable workbook, unlimited access to course sessions, and certificate)

TARGET AUDIENCE

Helping professionals working with students and young people (e.g., counselors, therapists, social workers, educators/paraeducators, health care/public safety workers, coaches/sports trainers).

CERTIFICATE OF COMPLETION

Certificate of completion is provided via email after submission of exam/evaluation and confirmation of course completion.

REFUND/CANCELLATION POLICY

Cancellations are not available as this is a self-paced course. If you are not fully satisfied with the course, you may request a refund within 30 days of registration.

ACCOMODATIONS

For support or accommodations please contact James at james@training-grounds.net

GRIEVANCES

To report a grievance please email james@training-grounds.net. Grievance policy may be accessed at www.training-grounds.net.

KNOWLEDGE BASE CITATIONS

Bal, J. & Skott-Myhre, H. (2020). Systems and relationships: Unlearning systemic binaries and exploring the political potential of relational practice. *Relational Child and Youth Care Practice*, 33(3), 28-43.

Garfat, T., Freeman, J., Gharabaghi, K. & Fulcher, L. (2018). Characteristics of a relational child and youth care approach revisited. *CYC-Online*, 236, 7-45.

Monteux, S. & Monteux, A. (2020). Human encounters: The core of everyday care practice. *International Journal of Social Pedagogy*, 9(1), 1-15.

Munroe, T. (2021). A (re)formulation of: Enriching relational practices with critical anti-black racism advocacy and perspectives in schools. In H. Modlin, C. Gaitens, J. Freeman, & T. Garfat (Eds.), *Relational child and youth care in action* (pp. 29-45). CYC-Net Press.

Theron, L., Rothmann, S., Makhnach, A. & Ungar, M. (2022). Adolescent mental health resilience and combinations of caregiver monitoring and warmth: A person-centered perspective. *Journal of Child and Family Studies*.

Collette, A. & Ungar, M. (2020). Resilience of individuals, families, communities, and environments: Mutually dependent protective processes and complex systems. In M. Ochs, M. Borcsa & J. Schweitzer (Eds.), *Systemic research in individual, couple, and family therapy and counseling* (pp. 97-111). Springer.

FACILITATOR BIO

JAMES FREEMAN, MA, CYC-P

In 1991 James began working with kids and families as a summer camp counselor. Those summers extended into afterschool programs and K-12 education as a teacher and school administrator. He then led a national program of disability inclusive camping and sports and worked as training director in emergency and transitional care programs serving families affected by trauma.

James holds a master's degree in organizational leadership. He received the career achievement award from the National Staff Development and Training Association and the president's award from the Association for Child and Youth Care Practice.

James is a past president of the Child and Youth Care Certification Board and served as an editor for the monthly journal of the International Child and Youth Care Network. He has served as a trainer-of-trainers for the Academy for Competent Youth Work and the Life Space Crisis Intervention Institute.

His work has been featured in academic and practice-centered books published by Canadian Scholars, CYC-Net Press, and Pro-Ed and journals including Child and Youth Services, Journal of Child and Youth Care Work, Jugendhilfe, Reclaiming Children and Youth, Relational Child and Youth Care Practice, the Scottish Journal of Residential Child Care, and Youth Today.

James has trained and presented at programs, universities, and associations across the United States and Canada as well as Australia, Austria, Greece, Scotland, and South Africa.

He has been married to Julie since 1997 and they live in southern California where they are raising their three kids.

Learn more about his work at www.training-grounds.net.