



Training Calendar

September-December 2010

Welcome!

The California Family Health Council, Inc. (CFHC) invites you to participate in the Fall 2010 training season. Specializing in workshops that train professional staff working in sexual and reproductive health, CFHC provides training that is practical, experiential, and based on the latest research in health communication techniques. We invite you to learn about cutting edge contraceptive technologies, practical application of Federal and State guidelines, and helpful suggestions for providing services that meet the needs of your clients.

Workshop topics are based on results from multiple needs assessments and data. If you would like to request specific topics or to host a workshop at your agency, please contact us at (213) 386-5614 ext. 4580.

Continuing Education

Eligible participants may receive continuing education for health educators (CHES), nurses (CEU), or social workers (LCSW) with a \$15 administrative fee.

Nurses

Provider approved by California Board of Registered Nursing, Provider #CEP 12241.

CHES

The California Family Health Council, Inc. is designated as a provider of Category 1 continuing education contact hours in health education by the National Commission for Health Education Credentialing, Inc.

Social Workers

The California Family Health Council, Inc., provider number 3165 is an approved provider of continuing education for MFT and LCSW licensure requirements in California.

Audience

These workshops are designed for any family planning clinic or program staff responsible for working with clients:

- ▶ Nurse Practitioners
- ▶ Nurses (LVNs & RNs)
- ▶ Community Health Workers
- ▶ Medical Assistants
- ▶ Health Educators
- ▶ Other interested program staff

Registration

To register for these courses, complete the Registration Form and mail or fax it to our office. Please refer to the training calendar for registration deadlines for each course.

We understand that some agencies take longer than others to process checks. If your agency has approved payment for the course, you may fax the registration form to our office, indicating that a check will follow. **Payment must be received by the first day of training.**

Late Registration

Registration must be postmarked or faxed no later than the registration deadline. Any registration postmarked or received via fax after this deadline is subject to a \$10.00 late fee.

Cancellation

Refunds will be granted (less \$10.00 processing fee) if the cancellation notice is received at least one week prior to course. Faxes are acceptable.

No-Show

If you fail to show up and you do not cancel, fees may not be transferred to another course or exam. No refund will be granted. Registrants who no-show are still responsible for course fees.

Returned Check Fee

If a check is returned to CFHC by the bank for non-sufficient funds (bounced check), then you will be charged a \$25.00 returned check fee in addition to the original amount of the check.

Confirmation Letter by Email

You will receive a confirmation email prior to the start of the training. If you do not receive a confirmation letter within 1 week of this training then we may not have received a registration for you. Contact us!

Fees for the Courses:

Please refer to the registration panel for information on fees for each specific course.

Continental breakfast is provided for your comfort. Lunch is not provided, but there are many restaurants nearby.

Family Planning Health Worker Certification Course



About the Course

This course has been designed to help staff of family planning clinics:

- › Develop the skills to be an effective health educator and counselor.
- › Learn up-to-date information to use with clients.
- › Find easy-to-understand ways to explain that information to clients.

By attending this course, participants learn the basic knowledge and skills to become Certified Family Planning Health Workers. In order to be certified, participants must pass a written examination and conduct a client education session as a role play.

Objectives – Day 1

At the end of day 1, participants will be able to:

- › Describe how to get informed consent from a client.
- › Demonstrate 3 teaching methods health educators can use to help clients learn better.
- › Evaluate a client's knowledge and skills about a birth control method.
- › Identify Federal and State requirements for what information must be given to clients regarding birth control.

Objectives – Day 2

At the end of day 2, participants will be able to:

- › Describe the male and female reproductive systems.
- › Explain when a woman can and cannot get pregnant during her menstrual cycle.
- › Demonstrate how to talk about STDs in a birth control method counseling session.
- › Write an education plan.
- › Conduct an effective client education session on at least one birth control method.

Day 3 consists of:

- › Review
- › The written exam
- › The oral exam

The Manual

This course is based upon the self study manual, *Fundamentals of Family Planning*, 2007 edition. Participants must have this manual to successfully complete the course.

It is strongly recommended that this manual be purchased and studied 2-4 weeks before the first day of the course.

Participants may purchase the manual using the registration form in this brochure, or they may call the training line (213) 386-5614 ext. 4580.

WE ARE PLEASED TO OFFER!

Members of the Family Planning Cooperative Purchasing Program are eligible for a 25% discount on manuals. Your fee per manual will be \$63.75 plus \$6.21 for sales tax. Please write your coop member ID number on the registration form.

Continuing Education Credits for FPHW Course

Nurses: 17.1 contact hours; **Health Educators:** 12 contact hours

Co-sponsored by
Center for Health Training, Inc. under Grant #FPTPA090026-30-00



Contraceptive & Counseling Update

About the Course

This “how-to” course will help professionals use proven health communication strategies to help clients better select and use birth control. Based on research-based communication theories, this workshop focuses on the end result of contraceptive counseling: a client that is happy with his or her choice of birth control and who uses it correctly.

Objectives

At the end of this workshop, participants will be able to:

- ▶ **Discuss** current research regarding newer methods of contraception and practical application of the information with clients.
- ▶ **Describe** current research regarding health communication techniques.
- ▶ **Practice** advanced counseling techniques to target client family planning needs in a client-centered counseling session.

Continuing Education Credits for Contraceptive Counseling Update Course

Nurses: 3.3 contact hours; **Health Educators:** 3.0 contact hours; **Social Workers:** 3.0 contact hours

How to Meet Title X Guidelines for Talking to Teens about Sexual Coercion and Family Involvement

About the Course

Title X has excellent guidelines on providing care to teens. This includes a requirement to talk to teens about family involvement in their choices about sex and birth control. Title X also requires providers to assess teen clients for sexual coercion. Using real life examples from actual Title X site visits, this workshop will help educators and administrators to develop or enhance their skills and policies to meet and exceed the Title X requirements.

Objectives

At the end of this workshop, participants will be able to:

- ▶ **Describe** practical application of Title X guidelines for what must be included in conversations with teens about family involvement and sexual coercion.
- ▶ **Show** how to effectively engage teens in discussions about family involvement and sexual coercion.
- ▶ **Describe** how to document interactions with teen clients to meet Title X guidelines.

Continuing Education Credits for Contraceptive Counseling Update Course

Nurses: 3.3 contact hours; **Health Educators:** 3.0 contact hours; **Social Workers:** 3.0 contact hours

Co-sponsored by
Center for Health Training, Inc. under Grant #FPTPA090026-30-00

How to Provide HIV Risk Reduction Counseling



About the Course

Discussions about what puts a client at risk for HIV transmission can have an important impact on client health.

The purpose of this training is to increase participants' comfort in talking to clients about HIV. In particular, we will practice speaking about HIV transmission and helping clients determine what they can do to reduce risks to themselves or their partners.

Objectives

At the end of this workshop, participants will be able to:

- ▶ **Explain** how HIV is transmitted, prevented, and diagnosed.
- ▶ **Identify** 4 ways a person can reduce risk of HIV transmission.
- ▶ **Demonstrate** how to provide counseling that improves the client's perception of risk and encourages the client to develop an individual plan to reduce HIV transmission risk.

Continuing Education Credits for Contraceptive Counseling Update Course

Nurses: 5.6 contact hours; **Health Educators:** 5.0 contact hours; **Social Workers:** 5.0 contact hours



Pregnancy Counseling

About the Course

When confronted with the result of her pregnancy test, a woman is at a crossroads. Pregnant or not, her decision about what to do next can be one of the most personal and challenging decisions of her life.

Emphasizing the importance of providing quality care to women, this workshop will guide participants through State and Federal requirements for providing pregnancy options counseling. It will help participants identify their personal values and beliefs, their role as a pregnancy counselor, and how to weave together a thoughtful and effective pregnancy counseling session.

Objectives

At the end of this workshop, participants will be able to:

- ▶ **Discuss** the role of a pregnancy counselor.
- ▶ **Assess** personal opinions and beliefs concerning pregnancy options and decisions.
- ▶ **Describe** to clients key elements of pre-natal care, adoption and abortion.
- ▶ **Identify** Federal and State guidelines for conducting a pregnancy counseling session.
- ▶ **Conduct** an effective, unbiased and non-coercive pregnancy counseling session.

Continuing Education Credits for Pregnancy Counseling Course

Nurses: 13.2 contact hours; **Health Educators:** 11 contact hours; **Social Workers:** 11 contact hours

Co-sponsored by

Center for Health Training, Inc. under Grant #FPTPA090026-30-00

Training Calendar

September

How to Meet Title X Guidelines for Talking with Teens about Sexual Coercion & Family Involvement

September 9, 2010

Registration Deadline: September 2

Time: Half day course

Registration: 8:30 a.m.

Workshop: 9:00 a.m.

Adjourn 12:00 p.m.

FPHW

September 22, 23 & 24, 2010

Registration Deadline: September 15

Time: 3 day course

Registration: 8:30 a.m.

Workshop: 9:00 a.m.

Adjourn 4:00 p.m.

October

Pregnancy Counseling

October 12 & 19, 2010

Registration Deadline: October 5

Time: 2 day course

Registration: 8:30 a.m.

Workshop: 9:00 a.m.

Adjourn 4:00 p.m.

2010 Women's Health Update

October 27-28, 2010

San Francisco Airport Marriott - Burlingame, CA
The California Family Health Council, Inc. is pleased to announce its 28th Women's Health Update. The Women's Health Update is designed to offer the most up-to-date clinical information in the field of reproductive and sexual health.

To register, visit: <http://www.healthed.org>

For questions please email: conferences@cfhc.org

November

How to Provide HIV Risk Reduction Counseling

November 12, 2010

Registration Deadline: November 5

Time: 1 day course

Registration: 8:30 a.m.

Workshop: 9:00 a.m.

Adjourn 3:00 p.m.

FPHW

November 16, 23 & 30, 2010

Registration Deadline: November 9

Time: 3 day course

Registration: 8:30 a.m.

Workshop: 9:00 a.m.

Adjourn 4:00 p.m.

December

Contraceptive & Counseling Update

December 10, 2010

Registration Deadline: December 3

Time: Half day course

Registration: 8:30 a.m.

Workshop: 9:00 a.m.

Adjourn 12:00 p.m.

FPHW

December 15, 16 & 17, 2010

Registration Deadline: December 8

Time: 3 day course

Registration: 8:30 a.m.

Workshop: 9:00 a.m.

Adjourn 4:00 p.m.

Registration Form

Please make as many copies of this form as you need.

Please indicate desired course(s)

Complete one form per participant.

I work for a Title X Clinic: Yes No

Title X Standard

		Title X	Standard
<input type="checkbox"/> FPHW			
<input type="checkbox"/> September	Registration	\$110.00	\$240.00
<input type="checkbox"/> October	Fundamentals of Family Planning	\$85.00	\$85.00
<input type="checkbox"/> November	Price for Coop members	\$63.75	\$63.75
<input type="checkbox"/> December	Tax for Coop members	\$6.21	\$6.21
	Sales Tax	\$8.29	\$8.29
	Shipping	\$7.00	\$7.00
	Continuing Education	\$15.00	\$15.00
		Sub Total	
<input type="checkbox"/> How to Meet Title X Guidelines for Talking with Teens about Sexual Coercion and Family Involvement		\$30.00	\$50.00
	Continuing Education	\$15.00	\$15.00
<input type="checkbox"/> Pregnancy Counseling		\$80.00	\$160.00
	Continuing Education	\$15.00	\$15.00
<input type="checkbox"/> How to Provide HIV Risk Reduction Counseling		\$45.00	\$80.00
	Continuing Education	\$15.00	\$15.00
<input type="checkbox"/> Contraceptive & Counseling Update		\$30.00	\$50.00
	Continuing Education	\$15.00	\$15.00
	Late Fee	\$10.00	\$10.00
		Total Amount Due	

Contact Name:		
Job Title:		
Agency:		Coop #:
Agency Address (No PO Boxes, please):		
City:	State:	Zip:
Phone: ()	Fax: ()	
Contact's Email: (required)		
Supervisor's Name:		
I am paying by <input type="checkbox"/> Check enclosed, payable to CFHC <input type="checkbox"/> Credit Card, complete next column		For payment by Credit Card <input type="checkbox"/> Visa <input type="checkbox"/> Master Card
Name		
Print exactly as it appears on credit card Card #:		Security Code: (3 digits)
Amount:		Expiration date: (MM/YY)
Signature:		

Yes! I would like to receive a free subscription to Health Education e-News.

Mail registration and payments to:
California Family Health Council
 3600 Wilshire Blvd., Suite 600, Los Angeles, CA 90010
 Or fax to: (213) 368-4428

Special Needs: Please check here if you are visually/hearing impaired, or require wheelchair access. Please attach a note indicating your specific needs.