

PROVIDING COUPLES WITH HEALTHY RELATIONSHIP SKILLS IS IMPORTANT

The research is clear. There is an amazing connection between relationship quality, positive parenting practices and healthy child outcomes. This truly reinforces the notion that a strong adult couple relationship is the foundation for a healthy family.

CONTINUING EDUCATION

Iowa social workers should contact their licensing board to determine course approval for continuing education credits. Social workers participating in this course will receive 6.00 continuing education contact hours. A certificate of completion will be awarded at the end of the program to social workers who complete the program evaluation. This course fulfills Content Area (1.1): Human Behavior: Theories and Concept of Development of Human Behavior in the Life Cycles of Individuals, Families and the Social Environment in IAC 645.281.

Iowa LMFT's and LMHC's should contact their licensing board to determine course approval for continuing education credits. LMFTs and LMHCs participating in this course will receive 6.00 continuing education contact hours. A certificate of completion will be awarded at the end of the program to those who complete the program evaluation. This training meets all criteria as stated in IAC 645.32.

FACILITATORS



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The fees for service will be used to off-set direct expenses and to support the Human Sciences County Extension Program. Iowa State University Extension and Outreach programs are available to all without regard to race, color, age, religion, national origin, sexual orientation, gender identity, genetic information, sex, marital status, disability, or status as a U.S. veteran. Inquiries can be directed to Office of Equal Opportunity, 3350 Beardshear Hall, Ames, Iowa 50011, (515) 294-7612.

HEALTHY RELATIONSHIP EDUCATION

for professionals working with couples, families, and children

Friday, October 12, 2018

9:00 am– 4:00 pm

Iowa State University Extension Office
127 North Main St., Mt. Pleasant, IA



*professional continuing education
contact hours offered*

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Extension and Outreach

TOPICS

Care for Self: Being physically and mentally healthy

The factors that cultivate individual wellness and health that support the stability of the couple relationship will be reviewed. Participants will review informational tools and examine how physical, psychological and sexual health of individual partners impacts relationship quality.

Choose: Making intentional relationship choices

Participants will examine informational tools and learn about the types of choices individuals and couples make can to lay a strong foundation for a safe, stable, and satisfying relationship — or not.

Know: Get to know your partner well

Participants will review tools and information to assist couples to learn about themselves and each other to maintain a stable and healthy relationship.

Care: Show affection and respect

Participants will study informational tools and examine the ways couples can show kindness, understanding, respect and caring for each other to create and maintain stable and healthy relationships.

Share: Develop and maintain your friendship

Developing and maintaining a close friendship is a part of a healthy relationship. Participants will review how couples can provide understanding and opportunities to foster a shared sense of couple identity.

Manage: Deal with differences in healthy ways

Differences and conflict are normal. Participants will be provided tools to teach emotional regulation, stress reduction, positive communication and healthy conflict management skills to assist couples to deal with differences and conflict.

Connect: Engage a positive social network

Participants will examine informational tools and learn skills to assist couples to engage social connections to receive the benefits of social support and community ties.

To Register for Healthy Relationship Education Click here <http://bit.ly/hret10331>

For questions or further information contact Dawn Dunnegan 318-385-8126 at the Henry County Extension Office or Joy Rouse at 515-250-5984.

Register by Friday October 5th, 2018 Cost for Training \$125.00

Cost includes curriculum manual, tools and lunch.

Class limited to the first 20 to register.