

Promoting First Relationships

Refresher Training

We are so glad that your staff had the opportunity to participate in Promoting First Relationships (PFR) Training. Feedback from the training was very positive and many of you asked for some type of refresher training to keep providers' skills fresh.

We consulted with the PFR trainers at the University of Washington (UW) and they shared some ideas for ongoing PFR training and discussion activities:



- Start by asking how the two-day workshop affected the providers' practice. Ask for successes and challenges that people have experienced in doing PFR, and ask what support providers need to effectively use PFR.
- Discuss ways SLPs, OTs, PTs, FRCs and social workers are using PFR, and what is working well.
- Discuss the idea of using reflective questions versus jumping in to give advice.
- Refresh on the PFR consultation strategies, then watch a parent-child interaction video and practice giving feedback and asking questions.
- Re-share some of the most relevant handouts to review the main PFR concepts.

Some agencies have done the refresher training during monthly lunch and learn gatherings, regularly scheduled staff meetings or staff retreats.

UW recommends that PFR refresher training and discussions be led by Level 3 PFR agency trainers. This is because the Level 3 trainers are in monthly consultation with the UW trainers and are regularly thinking about PFR and applying the concepts.

Level 2 trained PFR providers can play a role in their agency's refresher training by being part of a panel of PFR providers that can answer questions or share their experiences. If the agency does not have an active agency trainer, then the UW PFR team could evaluate the Level 2 trained provider, verify they are currently certified and offer mentoring and guidance regarding the training.

