

FOCUS

FOR FAMILIES



This online training in FOCUS 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.



**Tuesday, January 9 and
Wednesday, January 10, 2024**
9:00 am - 3:00 pm on both days!

To register, you must create an account on the Wellbeing for LA Learning Center.



1. [Log-in or create and account.](#)
2. **Once logged-in, [register for the training.](#)**
Access code: FOCUS2024
You will be required to enter this access code during registration



For questions, please email
Support@Wellbeing4LA.org

This training is intended for Masters level clinicians and above. CEs are available to those who attend the entire training.

ABOUT FOCUS

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



SESSIONS 1 & 2

[Caregivers Only]

Caregivers 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

[Caregivers Only]

Caregivers learn skills to understand their children's perspectives and clarify any misunderstandings. Parents/caregivers 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.

UCLA Division of Population Behavioral Health is approved by the American Psychological Association to sponsor continuing education for psychologists. UCLA Division of Population Behavioral Health maintains responsibility for this program and its content.



UCLA

Public Partnership for Wellbeing

UCLA PREVENTION CENTER OF EXCELLENCE