



HOW TO BECOME A CERTIFIED FAMILY LIFE EDUCATOR (CFLE)

Presented by Dawn Cassidy and Emily Vang



Outline

- What is Family Life Education?
- History and Background
- Benefits of Certification
- Where are CFLEs Employed?
- How to Become Certified



What is Family Life Education?

Family Life Education is a

- preventive,
- educational,
- strengths-based,
- research and theory-based, approach to providing individuals and families with knowledge and tools needed to function optimally.
- It incorporates a family system, lifespan perspective.



What is Family Life Education? continued

- The skills and knowledge needed for healthy functioning are widely known:
 - strong communication skills
 - knowledge of typical human development
 - good decision-making skills
 - positive self-esteem
 - healthy interpersonal relationships
- Family Life Education involves being intentional about disseminating this knowledge and these skills.



Domains of Family Practice Model

Similarities and differences between:

Family Life Education
Family Case Management
Family Therapy

While various professionals assist families, it is the Family Life Educator who incorporates a family-systems, preventive, and educational approach to individual and family issues



Certified Family Life Educator (CFLE)

- Introduced in 1985 to establish standards for practice
- Bring increased recognition and value to the practice of FLE
- Provide networking opportunities for practicing professionals



Family Life Education Content Areas

- 1. Individuals and Families in Societal Contexts
- 2. Internal Dynamics of Families
- 3. Human Growth & Development across the Lifespan
- 4. Human Sexuality
- 5. Interpersonal Relationships
- 6. Family Resource Management
- 7. Parent Education and Guidance
- 8. Family Law & Public Policy
- 9. Professional Ethics & Practice
- 10. Family Life Education Methodology



Individuals and Families in Societal Contexts

- Structures and functions
- Cultural variations
- Dating
- Courtship
- Marital choice
- Kinship
- Cross-cultural and minority families
- Changing gender roles
- Demographic trends
- Historical issues
- Work-family relationships











Internal Dynamics of Families

- Internal social processes
- Communication
- Conflict management
- Normal family stresses
- Family crises
- Special needs in families





Human Growth & Development across the Lifespan

- Prenatal
- Infancy
- Early & Middle Childhood
- Adolescence
- Adulthood
- Later Adulthood







Human Sexuality



- Reproductive physiology
- Biological determinants
- Aspects of sexual involvement
- Sexual behaviors
- Sexual values and decision-making
- Family planning
- Sexual response
- Influence on relationships



Interpersonal Relationships

- Self & others
- Communication skills
- Intimacy
- Love
- Romance
- Relating to others







Family Resource Management

- Goal-setting & decision-making
- Development & allocation of resources
- Social environment influences
- Life cycle & family structure influences
- Consumer issues & decisions



Parent Education and Guidance



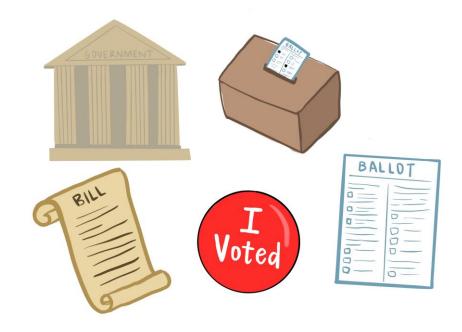


- Parenting rights & responsibilities
- Parenting practices & processes
- Parent-child relationships
- Variation in parenting solutions
- Changing parenting roles over the life cycle



Family Law and Public Policy

- Family and the law
- Family and social services
- Family and education
- Family and the economy
- Family and religion
- Policy and the family





Professional Ethics and Practice

- Formation of values
- Diversity of values in pluralistic society
- Examining ideologies
- Social consequences of value choices
- Ethics & technological change
- Ethics of professional practice





Family Life Education Methodology



- Needs Assessment
- Planning & implementing
- Evaluation
- Education techniques
- Sensitivity to others
- Sensitivity to community concern



Benefits of Certification

- Allows you to market yourself to employers, clients, and/or other stakeholders as meeting a nationally recognized standard in the field
- Validates experience and knowledge
- Quarterly newsletter *Network*
- Access to a directory of CFLEs
- Access to CFLE discussion forum
- CFLF Conversations
- CFLE price for NCFR webinars

CFLE Conversations: One-Hour Online Networking Sessions

October 27, 2021 1:00pm - 2:00pm CT

Free for CFLEs

Location: Online via Zoom







CFLE - Certified Family Life Educators

August 15 · 🙆

Looking for materials or activities to include in a course you're teaching this fall? We have webinars for that!

Click on the link below for the complete list of NCFR webinar recordings available for classroom use.



✓ NCFR CFLE @CFLE · Jul 13

Why should families "buy into" your family life education? bit.ly/10clX3m Webinar 11am CT! Strategies to increase your credibility



Family Life Education

Are there any CFLE's in the group who are not parents? It is the belief of some in developing countries that if you are not a parent you are not justified to speak and offer input on parenting and family life. Is this same belief shared among members in this group?

Like Comment | 👌 3 🖂 4





Good morning,

I am looking for resources to encourage parents in navigating their child's anxiety (and their own) and to feel equipped to parent with confidence. What evidence-based resources/ media presentations/ etc. are out there that can be used in a single night (casual) or a series setting to help equip parents to navigate family life with confidence?

Currently, our staff is bringing parents together twice a year, meeting in a parish hall setting and serving 175-300 parents on any given "Crucial Conversations" night. We are located in an affluent community where kids are often over-scheduled and there is a bend (among youth and parents) towards competitive and achievement mindsets. The felt needs are around parenting with a desire to build confidence in their children - though there is no agreed upon definition on what parents mean by "confidence." The ascribed needs focus on letting kids make mistakes (and letting them learn from the mistakes), slowing down, and challenging expectations.

We are open to exploring various formats to meet the needs of our community parents. Most parents want to come to one night and receive information; however, we would like to have follow-up for those parents who want to and are ready to engage in a journey of change.

Thank you,

There is a good handout on helping children learn stress management techniques, but I think it's been updated. You can see free downloadable resources at:

 $https://psychology foundation.org/Public/Resources/KHST_Download_Resources/Public/Resources/KHST_Download_Resources/Copy_of_Download_Resources.aspx?hkey=0e18b555-9114-49b4-9838-084fab967f0e$

I also have an article about over-scheduling and extra-curricular activities at:

How Can My Children Do Extra-Curricular Activities Without Creating More Family Stress?

http://parentstoolshop.com/parenting-challenges/family-stress



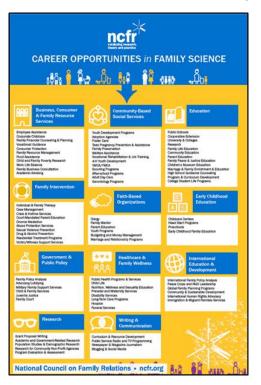
Benefits of Certification

- Opportunities to be involved in positions of leadership on CFLE program committees.
 - Academic Program Review Committee
 - Advisory Board
 - CFI F Fxam Committee
- Networking Opportunities
 - CFLE discussion forum
 - CFLE Conversations
 - CFLE Reception at the annual conference
 - With other Family Life Educators on local, national, and international levels through social media





Where are Family Life Educators Employed?



- Practice teaching, education, program or curricula development,
- Administration leadership or management, organizing, coordinating,
- Promotion public policy, lobbying, advocating for system change and awareness.

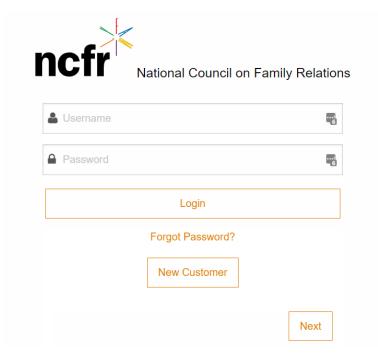




THE APPLICATION PROCESS



Create a NCFR Profile



• Create an account with us at <u>my.ncfr.org</u>



Levels of Certification: Provisional and Full

• Provisional Certification – Demonstrated knowledge in the 10 family life content areas but don't yet have enough work experience in Family Life Education

• Full Certification— Demonstrated knowledge in the 10 family life content areas and work experience in Family Life Education



Provisional Certification

• Provisional certification is available to those with at least a baccalaureate degree from a regionally accredited institution, but who lack sufficient work experience in Family Life Education



Knowledge in FLE can be demonstrated through:

• Graduation from an NCFR CFLE-approved program (formerly called the Abbreviated application process)

OR

• Successful completion of the CFLE Exam



CFLE-Approved Program Process

• Graduates of CFLE-approved programs can apply for certification *up to* two years after they graduate

| 100 | | ALT IN GREAT HAND CONTROL HAND YOUR PRINTER |
|---------------------------|---|---|
| Provi: ubmit abbrev | E-Approved Program Checklist isional Certified Family Life Educator (CFLE) t this checklist with all other materials required for the viviated) application process. Find information and form videous Confirm that the courses listed below appear on you blank row at the bottom to indicate content area and cour | c FLE-approved program CFLE-Approved Program is a CFLE-Approved Program is at: https://www.ncfr.org/cfle-approved-program r branscript. For any course substitutions (maximum two), include course syllabli from the year you completed the course syllable. |
| 1 | CFLE Content Area | CFLE-Approved Program (Abbreviated) Coursework |
| | 1. Families & Individuals in Societal Contexts | |
| | 2. Internal Dynamics of Families | |
| | 3. Human Growth & Dev across the Lifespan | |
| | 4. Human Sexuality | |
| | 5. Interpersonal Relationships | |
| | 6. Family Resource Management | |
| | 7. Parent Education & Guidance | |
| | 8. Family Law & Public Policy | |
| | 9. Professional Ethics & Practice | |
| | 10. Family Life Education Methodology | |
| | Internship/Practicum (minimum 120 hours) | |



Look for our CFLE-Approved Programs Online

CFLE-Approved Programs

This page lists all CFLE-approved degree programs in the U.S. and Canada, including each program's CFLE course checklist and program contact/representative.

The National Council on Family Relations (NCFR) recognizes degree programs that offer coursework covering the 10 Family Life Education content areas as **CFLE-approved programs**.

Graduates of these programs can apply for the provisional-level **Certified Family Life Educator (CFLE) credential** offered by NCFR, using an abbreviated application process.

With questions about CFLE approval or the CFLE credential, please email NCFR's Emily Vang.

➤ Interactive Map of CFLE-Approved Programs (Click to Expand)

Over 127 CFLE-approved programs

 www.ncfr.org/cflecertification/cfleapproved-programs

Search by school

Q



CFLE- Approved Program Application Materials

- ✓ Review/Update Your Profile
- ✓ Review/Update Your Education
- ✓ Select Your CFLE-Approved Program Checklist
- ✓ Request Official Transcript
- ✓ Agree to Code of Ethics
- ✓ Review Application
- ✓ Submit Payment

Application: CFLE Approved Program

Type: CFLE Approved Program

Application ID: 10

Application Status: Incomplete

| Instructions |
|------------------------------|
| Review/Update Your Profile |
| Review/Update Your Education |
| Select Your Certification |
| Approved Program Checklist |
| Request Official Transcript |
| Agree to Code of Ethics |
| Review Application |
| |

Instructions

The CFLE-approved program application is for recent graduates of CFLE-approved academic programs. Applicants must apply through the CFLE-approved program application process within two years of their graduation date.

Each CFLE-approved program has a checklist of coursework that has been approved by the National Council on Family Relations (NCFR) to meet the CFLE requirements. Students must complete all courses on the school checklist with grades of Cor better (in addition to an internship/practicum of at least 120 hours) to qualify for application. You can find instructions and course-content guidelines here.

You can find your school's checklist by going to NCFR's online Degree Programs Guide, searching for and clicking on your program, and then scrolling to the bottom of your program's webpage to find the PDF checklist. Here is what is required for this application:

- · Update your NCFR profile
- · Select provisional or full level of certification
- · Upload your CFLE-approved program checklist
- · Request an official transcript from your school to be sent to NCFR
- · Read and agree to the CFLE Code of Professional Ethics
- · Pay the CFLE-approved program application fee

Next



Course Requirements

- Courses on the checklist (approved or substitutions) must have been successfully completed with a grade of C- or better. NCFR does not accept audited courses.
- The checklist may contain courses that are not required of your major, so plan ahead
- The oldest course used on the checklist needs to have been completed no more than seven years from the time of application.

| | | Greeny and practice |
|----------|---|--|
| Prov | E-Approved Program Checklist isional Certified Family Life Educator (CFLE it this checklist with all other materials required for the eviated) application process. Find information and for | e CFLE-approved program CFLE-Approved Program |
| Ise th | e blank row at the bottom to indicate content area and cou | |
| V | CFLE Content Area | CFLE-Approved Program (Abbreviated) Coursework |
| | 1. Families & Individuals in Societal Contexts | |
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| | 4. Human Sexuality | |
| | 5. Interpersonal Relationships | |
| | 6. Family Resource Management | |
| | | |
| | 7. Parent Education & Guidance | |
| | 7. Parent Education & Guidance 8. Family Law & Public Policy | |
| | | |
| | 8. Family Law & Public Policy | |



Substitutions

- Up to two substitutions are allowed
- Submit a course syllabus (or detailed course description) from the time that the course was completed.
- Upload the syllabus in the online application under the "checklist" tab.
- Please email (preferred) or mail an official transcript if the substitute course was taken at a different school.
- Courses can be pre-approved by NCFR.
- If proposing a substitute course for the Internship/Practicum requirement, please email cfle@ncfr.org to get the proper forms.



CFLE Exam Application Process



CFLE Exam

- 150 Multiple Choice Questions
- Offered at testing sites throughout the United States, Canada, and throughout the world.
- Remote Proctoring also available!

• Paper and Pencil Exam is offered every year at

the NCFR conference



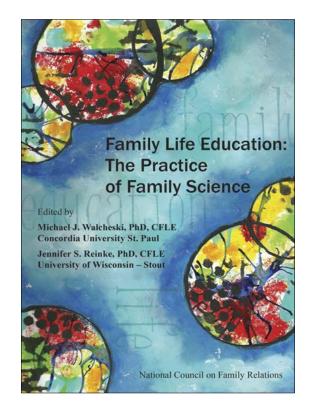
| Exam Application Deadline | Exam Testing Period |
|---------------------------|---------------------|
| Jan. 15 | Feb. 15-May 15 |
| Feb. 15 | March 15–June 15 |
| March 15 | April 15–July 15 |
| April 15 | May 15–Aug. 15 |
| May 15 | June 15–Sept. 15 |
| June 15 | July 15-Oct. 15 |
| July 15 | Aug. 15-Nov. 15 |
| Aug. 15 | Sept. 15-Dec. 15 |
| Sept. 15 | Oct. 15-Jan. 15 |
| Oct. 15 | Nov. 15–Feb. 15 |
| Nov. 15 | Dec. 15-March 15 |



Preparing for the CFLE Exam

• <u>www.ncfr.org/cfle-certification/become-</u> <u>certified/exam-application-process/cfle-exam-study-</u> materials

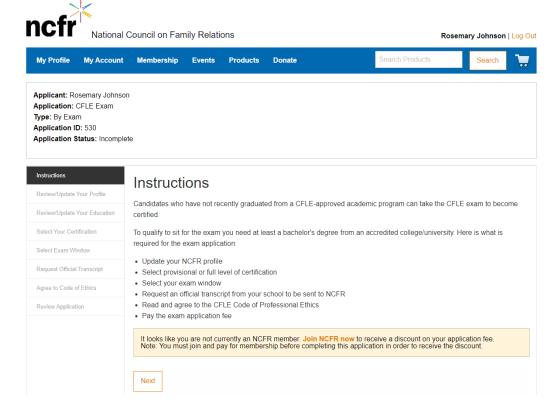
| Families and Individuals in Societal Contexts | 12% |
|--|-----|
| Internal Dynamics of Families | 12% |
| Human Growth and Development across the Lifespan | 12% |
| Human Sexuality acoss the Lifespan | 8% |
| Interpersonal Relationships | 9% |
| Family Resource Management | 10% |
| Parenting Education and Guidance | 10% |
| Family Law and Public Policy | 8% |
| Professional Ethics and Practice | 7% |
| Family Life Education | 12% |





Exam Application Process

- ✓ Review/Update Your Profile
- ✓ Review/Update Your Education
- ✓ Select Your Certification Level
- ✓ Select Exam Window
- ✓ Request Official Transcript
- ✓ Agree to Code of Ethics
- ✓ Review Application
- ✓ Submit Payment





Full Certification



Full Certification

• Full certification is available to those with demonstrated knowledge in Family Life Education and sufficient work experience in Family Life Education



Hours Needed

| Requirements for full certification | Bachelor's degree | Master's or Ph.D. |
|-------------------------------------|--|-----------------------------|
| Family degree | 3,200 hours work experience | 1,600 hours work experience |
| Non-family degree | 4,800 hours work experience for bachelor's, master's, or Ph.D. | |



Criteria for FLE Work Experience

- Preventive & educational in nature
- Incorporates a family & lifespan perspective
- Intentional it doesn't just happen
- Includes a planned curriculum or lesson
- Relates to at least one of the 10 FLE content areas
- Focuses on normal family stressors
- Focuses on skills & abilities



Photo courtesy Start Early (formerly The Ounce)



Family Life Education Experience

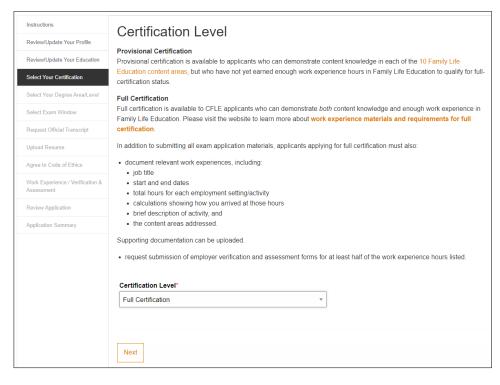
- Volunteer or internships work supported with training or formal preparation can be accepted
- You can use work experience earned prior to or while earning a degree.
- Most of your work experience should have been earned within the past five years (at the time of applying for full certification)





Full Certification Application Process

- ✓Work Experience Summary Form
- ✓ Work Experience Supporting Materials
- ✓ Employer Assessment and Verification Form
- ✓ Current Resume or Vita
- ✓ Agree to Code of Ethics





FLE Work Experience Verification

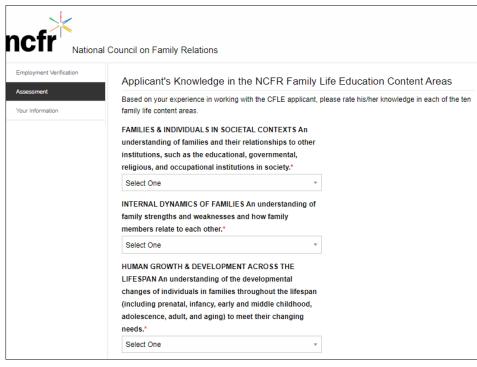
• If the work experience is educational and preventative in nature and related to at least one of the ten content areas, it can count as work experience.

| | Work Experience Information | | Work Experience Information | ж | |
|----------------|---|-------------------------|---|------------|---------|
| nc | Please add work experience(s) for each relevant job. If you are documenting multiple Family Life Education activities within one job, please include all those activities in the corresponding boxes below. | ncf | Please explain how you arrived at the total number of hours | 11 | Log Out |
| My F | Employer/Sponsoring Organization* | My Profil | | | Ħ |
| Appli Appli | Job Title* (60 characters max) | Applicant: | nlus 5 hours pron time) 40 weeks to date 30 x 40 = 1 200 hours | | |
| Type: Appli | Start Date* (mm/dd/yyyy) | Type: Upg Applicatio | Description of Family Life Activities* | | |
| Appli | a | Applicatio | | | |
| Instru | End Date (mm/dd/yyyy leave blank if current) | Instructions | | | |
| Revie | Total Number of Hours* | Review/Upd | | | |
| Selec | | Review/Upd | i.e. workshops, presentations, published articles, curriculum developed, direct services, etc. | ▼ e 1 | 10 |
| Requ | Save | Select Your | | | 10 |
| | d Resume Involves prevention and education for intuividuals and families relevant to the 10 Famility Life Education content aleas. | Request Off | Save | at | |
| | work may be considered but it should be supported with training or formal preparation. to Code of Ethics Employment is build like demonstrated through curriculum and material development, and the development or present | Upload Res | ume involves prevention and education for individuals and families relevant to the 10 Family Life Education content area work may be considered but it should be supported with training or formal preparation. | s. Volunte | teer |



Employer Assessment & Verification

- Work experience must be assessed and verified by someone other than the applicant
- Employer verification request will be emailed to the indicated employer as soon as you submit your application
- Please make sure you let your employer know a verification request is coming their way
- At least 50% of the required work experience hours must be verified





Situations that can delay review of your application

- Applicant did not include a completed checklist for their approved program.
- Applicant did not indicate a substitution on the checklist and/or did not provide a syllabus for a substitute course.
- Applicant did not provide sufficient supporting documentation for their work experiences (examples include course outlines/syllabi, brochures, handouts, worksheets, table of contents for curriculum, etc.)
- Employer Verification form has not been completed/employer email not included in the application
- Application fee was not paid



CFLE Fees

| | NCFR Member | Nonmember |
|--|-------------|-----------|
| CFLE Exam Application - Provisional | \$227 | \$302 |
| CFLE Exam Application - Full | \$312 | \$417 |
| CFLE Exam Retake | \$145 | \$145 |
| CFLE-Approved Program - Provisional | \$147 | \$202 |
| CFLE-Approved Program - Full | \$232 | \$317 |



Maintaining Your CFLE Designation



CFLE Annual Fee

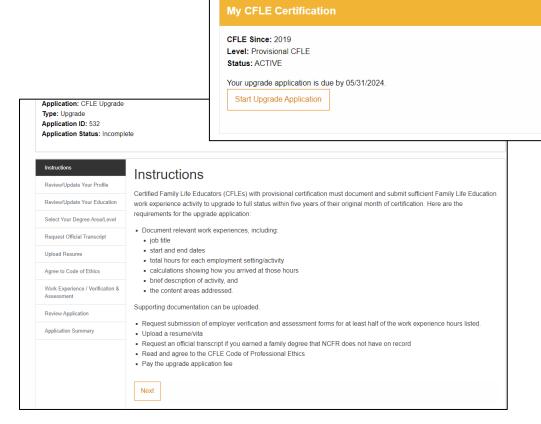
- Provisional, Full, and Retired CFLEs must pay the CFLE Annual Fee in order to maintain their designation.
- Fee covers cost of CFLE newsletter *Network*, CFLE discussion group, access to NCFR webinars at the \$45 rate as well as archived webinars after one year, and general maintenance of the CFLE program.





Upgrading to Full Certification

• Once Provisional
CFLEs have earned
sufficient work
experience in Family
Life Education, they can
upgrade to Full status
by submitting work
experience
documentation





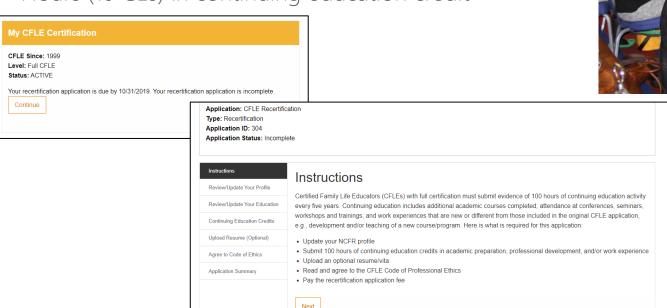
Provisional Extension Option

- Provisional CFLEs not eligible to upgrade to full certification by the end of the fifth year of provisional certification can apply for a provisional certification extension
- Submit 20 hours of continuing education credits



Recertification

• CFLEs with Full status must recertify every five years submitting documentation of at least 100 Contact Hours (10 CEs) in continuing education credit







Forfeiture of the CFLE Credential

The CFLE credential will be forfeited under the following conditions:

- Non-payment of the CFLE annual fee.
- Failure to submit continuing education credits and the Recertification fee every five years.
- For provisional CFLEs, failure to submit evidence of sufficient work experience at the end of the five-year provisional period.



Reinstatement

- Forfeited CFLEs may reinstate their credential by paying the Reinstatement fee and the current annual fee.
- In addition, they must submit any continuing education or work experience information, and related fees, that would have been due had they not forfeited.
- Reinstatement is only available within five years of forfeiture. CFLEs who have been inactive for more than five years must reapply.



CFLE Fees

| | NCFR Member | Nonmember |
|-----------------------|-------------|-----------|
| CFLE Annual | \$87 | \$112 |
| CFLE Annual - retired | \$60 | \$85 |
| Upgrade to Full | \$162 | \$217 |
| Recertification | \$152 | \$208 |
| CFLE Reinstatement | \$37 | \$37 |
| CFLE Emeritus | \$185 | \$185 |



Contact Us

- www.ncfr.org/cfle-certification
- Visit the NCFR website for information on the CFLE program or contact the CFLE program CFLE@ncfr.org



Questions?