

NeuroRelational Framework (NRF) Training

Training opportunity for NeuroRelational Framework

Early Support for Infants and Toddlers (ESIT) and the Washington Association of Infant Mental Health (WA-AIMH) are excited to share an incredible training!

The NeuroRelational Framework (NRF) is being offered to qualified and selected multi-disciplinary teams across Washington State. This advanced Infant and Family Relational Health (IFRH), also known as Infant Mental Health (IMH), training focuses on the integration of social-emotional capacities with developmental needs of very young children and their families.

The course is designed with a team approach to learning, offering ESIT Provider Agencies more advanced and intensive knowledge about IFRH within their system of services and supports to ESIT families. It is part of the overall State Systemic Improvement Plan (SSIP) with a focus to build and improve IFRH practices amongst the ESIT workforce.

The following information outlines the details for submitting an “Expression of Interest.” We are hopeful your program will find the benefits of this exciting opportunity!

The Course

NeuroRelational Framework (NRF)

The course will be taught by Dr. Connie Lillas with Betty Peralta, MIT, MS-MHC, IMH-E (III) and is designed to support the following objectives based upon the NeuroRelational Framework (NRF):

- Recognize the difference between adaptive and toxic stress in children, parents, and oneself, and eliminate toxic stress patterns whenever possible
- Identify and enhance levels of socio-emotional engagement across family members
- Decrease systemic fragmentation of care for young children and their families by building collaboration in teams
- Promote relationships by supporting individualized and customized care
- Encourage reflective practice as a means of supporting the effectiveness of practitioners working in the field and supporting them in their implementation of the NRF
- [NeuroRelational Framework Institute website](#)



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Time Commitment

- The course will be conducted through a series of 2-hour live synchronous web-based sessions (2 sessions a month for a total of 16 course meetings total).
- The course is scheduled for Wednesdays from 9 to 11am, starting November 2, 2022 and concluding on June 21, 2023. Specific dates will be included in course materials.
- Asynchronous training videos, 1 - 2+ hours in length, will be provided in between the two-week synchronous classes and prior to the first class.
- The course will alternate between a discussion format with a “demonstration-practice” session. You will apply the concepts from the NRF Manual in your work with a case of your choice and participate in a reflective process on your own relationship with the child and family.

Expression of Interest is due by Friday Oct 14, 2022

[Link for NRF Expression of Interest Form](#)

Selection Criteria

Every ESIT Provider Agency will have the opportunity to submit an “Expression of Interest” for a multi-disciplinary team to complete the training together. There is a capacity for up to 5 teams (with 4 to 6 providers per team) to reach a maximum of 25 participants in the cohort.

Teams will be selected to participate based on the criteria listed below.

1. Team applications must include participants who represent at least three disciplines, including OT, PT, SLP, Social Worker, Developmental Specialist, Family Resource Coordinator, and/or supervisor/administrator. Whenever possible, the team includes a minimum of one licensed (or in process of licensure) mental health practitioner in active clinical practice who the ESIT Provider Agency refers to or actually has on their team.
2. Each participant should have completed the Level 1 Promoting First Relationships training or have an endorsement from WA-AIMH.
3. Each participant should be a confident and comfortable reflective practitioner and have participated in reflective consultation.
4. Applications will be scored on a rubric measurement for selection.
5. Notifications of selection will be made by 10/21/22.



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Benefits of NRF Training for ESIT Provider Agency Teams

- Increased individual and team capacity for trauma-informed and neurobiologically sensitive developmental care, improved cultural awareness, and improved sustainability for IFRH practices within the ESIT PA's system of services and supports to families
- Participants will each receive a 3 Steps to Resilience NRF Foundations Interactive manual
- Training aligns to WA-AIMH endorsement competencies
- Certification as an Informed NRF Practitioner at the Foundations Level
- CEUs and Clock Hours will be available (DCYF/ESIT will cover the cost of Clock Hours)
- Additionally, due to the exceptional time commitment of this training, DCYF/ESIT will reimburse participating ESIT provider agencies \$200 per participating team member per month to offset costs of staff release time.

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Questions?

Please submit questions to DeEtte.Snyder@dcyf.wa.gov.



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