



FAMILY HEALTH ADVISOR

FAMILY HEALTH ADVISOR

TRAINING PROGRAM

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FAMILY HEALTH ADVISOR

Training Program

Training Objective

The training aims to prepare professionals to provide comprehensive support to families in matters of a healthy lifestyle, mental health, nutrition, as well as in the area of accessibility for people with disabilities. Participants will gain theoretical knowledge and practical skills necessary for effective health counseling in families. A Family Health Advisor plays a crucial role in promoting health and mental well-being among families, offering comprehensive support on multiple levels.

Training Characteristics

1. Training Structure:

- 14 thematic modules covering key topics in medicine, psychology, dietetics, communication, and diversity management, including accessibility issues.

2. Duration:

- The training comprises 110 hours of classes, balanced in terms of theory, practice, and group discussions.

3. Integrated Topics:



- The training adopts a holistic approach to family health, combining medical, psychosocial, dietary, and adaptive aspects.

4. Practical Skills:

- Participants acquire practical skills through case studies, hands-on exercises, and simulated counseling sessions.

5. Diversity Consideration:

- Introduction of a module addressing various types of disabilities and the International Classification of Functioning, Disability, and Health (ICF) to prepare participants for handling diversity in families.

6. Ethics and Law:

- Module dedicated to legal and ethical considerations in working with families, with an emphasis on privacy protection and patient rights.

7. Motivational Dialogue:

- Introduction to motivational interviewing techniques enabling effective communication and motivating families to make positive changes.

8. Knowledge Diversification:

- Inclusion of different aspects of health, including addiction prevention, natural healing methods, and physical activity.

Teaching Methods:

- Theoretical lectures.
- Practical workshops and exercises.
- Case studies.
- Simulated counseling sessions.
- Group discussions.

Assessment:

- Written and practical exams.

- Presentations.

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- Participant engagement in class.

Certificate:

Upon completion of the training, participants will receive a certificate confirming their completion of training for Family Health Advisors. This certificate will validate the knowledge and skills acquired for effective work in the field of health support for families.

Requirements for Individuals Enrolling in the Family Health Advisor Training

An individual applying for the Family Health Advisor course should possess the appropriate professional, substantive, and social preparation to effectively benefit from the course content and successfully fulfill tasks in the field of health support for families, including:

Professional Preparation:

1. Vocational Education:

- Holding a secondary or higher education degree related to health, psychology, sociology, nursing, dietetics, or related fields.

2. Practical Experience:

- Practical experience in the field of healthcare, working with families, counseling, or related areas.

3. IT Skills:

- Proficiency in basic IT tools enabling documentation and utilization of electronic resources in the health field.

Substantive Preparation:

1. Basic Medical Knowledge:

- Understanding fundamental concepts in medicine, anatomy, and physiology.

2. Familiarity with Family Psychology:

- Knowledge of family psychology, family development, and the impact of mental health on family functioning.



3. Basics of Dietetics:

- Understanding the fundamentals of dietetics, healthy nutrition, and the role of diet in health.

4. Health Law and Ethics:

- Understanding legal and ethical considerations related to working in the health field, especially in the context of health counseling.

Social Competences:

1. Communication and Empathy:

- Strong communication skills, including the ability to listen empathetically and effectively convey information.

2. Relationship Building:

- Ability to build positive and trusting relationships with various patient and family groups.

3. Teamwork:

- Effective collaboration with other healthcare professionals and social workers to provide comprehensive family support.

4. Adaptability and Flexibility:

- Adaptation to diverse family needs and situations, along with a flexible approach to changing work conditions.

5. Problem Solving:

- Ability to analyze situations, identify problems, and propose effective solutions.

Motivation and Interests:

1. Commitment to Personal Development:

- Willingness for continuous improvement, participation in training, conferences, and self-development.



2. Interest in Families and Health:

- Strong interest in working with families, community health, and promoting a healthy lifestyle.

3. Ethical Approach to Work:

- Strong ethical values and commitment to privacy protection and patient rights.

4. Motivation to Help:

- Intrinsic motivation to assist families and support them in adopting a healthy lifestyle.

Before starting the course, it is beneficial for participants to have some experience in the health, interpersonal communication, and be ready for active participation in practical classes. This preparation will help them better understand and effectively utilize the course content and implement acquired knowledge in their professional practice.

Learning Objectives of the Family Health Advisor Training

By achieving the following objectives, course participants will be prepared for professional and holistic work as Family Health Advisors, engaging in effective health support for families.

1. Acquisition of Theoretical Knowledge:

- Understanding fundamental concepts in medicine, psychology, nutrition, and communication in the context of family health care.

2. Development of Practical Skills:

- Gaining practical skills in conducting counseling sessions, planning healthy diets, and providing support to families.

3. Integration of Interdisciplinary Knowledge:

- Ability to integrate knowledge from various fields such as medicine, psychology, dietetics, and law for a comprehensive approach to family health.

4. Understanding Family Diversity:

- Awareness of diverse family configurations, their specific needs, and their impact on health and functioning.



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5. Enhancement of Communication Skills:

- Improving effective communication skills, including motivational dialogue, active listening, and conflict resolution.

6. Ethics and Law in Health Counseling:

- Understanding and adhering to ethical principles and legal aspects related to health counseling, including patient rights and privacy.

7. Support for Persons with Disabilities:

- Education in the field of physical and sensory accessibility, as well as the ability to support families with individuals with various types of disabilities.

8. Creative Problem Solving:

- Enhancing skills in analyzing family situations and creating personalized action plans based on resources and needs.

9. Preparation for Teamwork:

- Developing skills for effective collaboration with other professionals, healthcare organizations, and institutions supporting families.

10. Readiness for Dynamic Situations:

- Acquiring skills to cope with challenges and stress when working with diverse families and in a changing healthcare environment.

11. Application of the International Classification of Functioning, Disability, and Health (ICF):

- Ability to use the ICF tool to assess and plan support for individuals with disabilities and analyze the functioning of families from a health perspective.

12. Self-Development and Continuous Improvement:

- Cultivating an attitude of self-development, striving for continuous improvement of knowledge and skills, and awareness of changing trends and standards in family health.



TRAINING PROGRAM OUTLINE

Module Number	Module Name	Hours
1	Basic Medical Knowledge	16
2	Health Promotion Across the Family Life Cycle	8
3	Legal Aspects of Health Counseling	4
4	Counseling Support for Families Based on Resources	12
5	Training in Counseling Skills with Elements of Motivational interviewing	8
6	Communication, Relationships, Coping with Stress in the Family	12
7	Dietetics and Nutrition	6
8	Dietary Supplementation	6
9	Psychoprophylaxis of Addictions	8
10	Natural Treatment Methods	6
11	Planning and Organization of Physical Activity with Elements of Physiotherapy	8
12	Accessibility and Support for Persons with Disabilities	4
13	Functioning of Persons with Disabilities in the Family	4
14	International Classification of Functioning, Disability, and Health (ICF)	8
TOTAL HOURS		110



DETAILED TRAINING PROGRAM

Module 1 Basic Medical Knowledge	16
Educational Contents	
1.1. Basics of human anatomy and physiology	
1.2. Understanding fundamental medical concepts	
1.3. Recognizing symptoms and basic diagnostics 1.4. Fundamentals of pharmacology.	
Module 2 Health Promotion Across the Family Life Cycle	8
Educational Contents	
2.1. Healthy lifestyle at different stages of family life.	
2.2. Health education for different age groups.	
2.3. Promotion of mental health in the family.	
Module 3 Legal Aspects of Health Counseling	4
Educational Contents	
3.1. Patient rights and their significance in health counseling.	
3.2. Ethics and principles of working with patient data.	
3.3. Legal framework for the work of a Family Health Advisor.	
Module 4 Counseling Based on Family Resources	12
Educational Contents	
4.1. Recognizing family resources.	
4.2. Support in creating action plans based on resources.	
4.3. Building cooperation with other professionals.	



<p align="center">Module 5 Training in Counseling Skills with Elements of Motivational interviewing</p>	<p align="center">8</p>
<p>Educational Contents</p> <p>5.1. Techniques of effective communication in counseling.</p> <p>5.2. Introduction to motivational interviewing</p> <p>5.3. Practical exercises and case studies.</p>	
<p align="center">Module 6 Communication, Relationships, Coping with Stress in the Family</p>	<p align="center">12</p>
<p>Educational Contents</p> <p>6.1. Building positive relationships with the family.</p> <p>6.2. Coping with stress and difficulties in the family.</p> <p>6.3. Communication in conflict situations.</p>	
<p align="center">Module 7 Dietetics and Nutrition</p>	<p align="center">6</p>
<p>Educational Contents</p> <p>7.1. Basics of healthy nutrition.</p> <p>7.2. Individual planning of family diets.</p> <p>7.3. The significance of diet in various health conditions.</p>	
<p align="center">Module 8 Dietary Supplementation</p>	<p align="center">6</p>
<p>Educational Contents</p> <p>8.1. The importance of dietary supplements.</p> <p>8.2. Safe use of supplements.</p> <p>8.3. The role of supplementation in health prevention</p>	
<p align="center">Module 9 Psychoprophylaxis of Addictions</p>	<p align="center">8</p>
<p>Educational Contents</p> <p>9.1. Recognizing warning signs of addictions.</p>	



9.2. Methods of addiction prevention in the family.

9.3. Support for families dealing with addiction.

Module 10 Natural Treatment Methods

6

Educational Contents

10.1. The importance of natural treatment methods in prevention.

10.2. Herbal medicine and other natural therapies.

10.3. Safe use of natural treatment methods.

**Module 11 Planning and Organization of Physical Activity with
Elements of Physiotherapy**

8

Educational Contents

11.1. The role of physical activity in family health.

11.2. Planning a schedule of physical activities.

11.3. Basics of physiotherapy in the family context.

**Module 12 Accessibility and Support for Persons with
Disabilities**

4

Educational Contents

12.1. Understanding different types of disabilities.

12.2. Issues of physical and sensory accessibility in the family environment.

12.3. Supporting families in adapting to the needs of persons with disabilities.

**Module 13 Functioning of Persons with Disabilities in the
Family**

4

Educational Contents

13.1. Unique challenges for families with persons with disabilities.

13.2. The role and impact of disability on family relationships.

13.3. Support strategies for families with persons with disabilities.



Educational Contents

14.1. Introduction to the International Classification of Functioning, Disability, and Health (ICF).

14.2. Application of ICF in assessing and planning support for persons with disabilities.

14.3. Utilizing ICF for analyzing the functioning of families with persons with disabilities.

Learning Outcomes

Knowledge:

1. Basic Medical Knowledge:
 - a. Understanding anatomy, physiology, and medical fundamentals in the context of family health.
 - b. Awareness of basic symptoms of illnesses and the ability to recognize them.
 - c. Knowledge of basic pharmacology.
2. Healthy Lifestyle and Health Promotion:
 - a. Knowledge of a healthy lifestyle at different stages of family life.
 - b. Understanding the importance of promoting mental and physical health.
3. Legal and Ethical Aspects:
 - a. Familiarity with legal aspects related to health counseling.
 - b. Understanding ethical norms in working with families.



4. Diversity of Families:
 - a. Recognition of different family configurations.
 - b. Understanding the impact of diversity on the health and functioning of families.
5. Communication and Motivational Dialogue:
 - a. Knowledge of effective communication techniques.
 - b. Understanding the principles of motivational dialogue and its application in counseling.
6. Nutrition and Dietetics:
 - a. Knowledge of the basics of healthy nutrition.
 - b. Knowledge of planning balanced family diets.
7. Diet Supplementation:
 - a. Understanding the role and safe use of dietary supplements.
 - b. Knowledge of supplementation in health prevention.
8. Psychoprophylaxis of Addictions:
 - a. Knowledge of warning signs of addictions.
 - b. Understanding psychoprophylactic methods in the family.
9. Natural Healing Methods:
 - a. Familiarity with various natural healing methods.
 - b. Knowledge of the safe use of herbal medicine and other therapies.
10. Physical Activity and Physiotherapy:
 - a. Understanding the role of physical activity in family health.
 - b. Knowledge of planning physical activities with elements of physiotherapy.
11. Accessibility for People with Disabilities:
 - a. Understanding different types of disabilities.
 - b. Knowledge of physical and sensory accessibility in the family environment.



12. ICF - International Classification of Functioning, Disability, and Health:

- a. Understanding the principles and applications of the International Classification of Functioning, Disability, and Health.

Skills:

1. Recognition and Analysis:

- a. Ability to recognize symptoms of illnesses and analyze family health situations.

2. Planning and Creating Solutions:

- a. Ability to plan healthy family diets and create personalized action plans based on resources.

3. Effective Communication:

- a. Ability to communicate effectively, both verbally and non-verbally. b. Capability to apply motivational dialogue techniques.

4. Working with Diversity:

- a. Ability to adapt approaches to different family configurations and specific needs.

5. Team Collaboration:

- a. Ability to collaborate with other professionals in the fields of health and social assistance.

6. Problem Solving:

- a. Ability to analyze situations and effectively solve family problems.

7. Self-Development:

- a. Development of self-development skills, continuous improvement, and awareness of personal competencies.



Social Competences::

1. Empathy and Understanding:
 - a. Demonstrating empathy and understanding towards diverse family situations.
 - b. Effective listening and appreciating the feelings and experiences of family members.
2. Effective Communication:
 - a. Clear and understandable communication with family members.
 - b. The ability to convey difficult information in an empathetic manner.
3. Building Positive Relationships:
 - a. Creating an atmosphere of trust and collaboration with families.
 - b. Building lasting, positive relationships based on respect and openness.
4. Conflict Management:
 - a. Recognizing and effectively resolving conflicts within families.
 - b. Using negotiation and mediation techniques in challenging situations.
5. Team Collaboration:
 - a. Efficient collaboration with other professionals, healthcare organizations, and social institutions.
 - b. Sharing knowledge and experience to provide comprehensive support to families.
6. Active Learning and Teaching:
 - a. Creating an environment conducive to active learning among family members.
 - b. Motivating self-development and engaging in health-promoting actions.
7. Adaptability and Flexibility:
 - a. Adapting to the diverse needs of families.
 - b. Flexibility in approaching changing conditions and situations.



8. Creativity in Problem Solving:

- a. Applying creative methods to solve family health problems.
- b. Creating innovative support plans that consider resources and individual needs.

9. Building Motivation:

- a. Stimulating motivation for making positive changes in the family's lifestyle.
- b. Creating inspiring goals and strategies for their achievement.

10. Negotiation and Persuasion:

- a. The ability to conduct effective negotiations to reach agreements on health-related matters.
- b. Persuasive communication of information and encouragement for health-promoting actions.

11. Developing Independence:

- a. Supporting families in developing self-care skills.
- b. Cultivating an attitude of independence and responsibility for one's own health.

12. Leading Support Groups:

- a. Organizing and facilitating support groups for families to exchange experiences and mutual assistance.
- b. Leading dynamic group sessions.



Competencies of the Training Instructor

The person leading the family health advisor course should be an authentic leader, inspiring participants to actively engage, reflect on their own practice, and enhance their skills in the area of family health.

1. Substantive Knowledge:

- **Familiarity with Health and Family Psychology:** The facilitator should possess a solid knowledge of family health, family psychology, nutrition, supplementation, psychosocial challenges, and other issues related to the well-functioning of families.
- **Currency of Knowledge:** The ability to stay updated on the latest research, trends, and practices related to family health to provide participants with current information.

2. Teaching Competencies:

- **Planning Educational Sessions:** The ability to plan the structure of sessions, create instructional materials, and tailor content to different participant levels.
- **Effective Communication:** The ability to communicate clearly and inspiringly, conveying difficult topics in an understandable and accessible manner.

3. Practical Experience:

- **Experience Working with Families:** Practical experience in working with various types of families, considering both health and psychosocial aspects.
- **Case Studies and Practical Application:** The ability to present real cases, case studies, and the practical application of knowledge in the context of families' daily lives.

4. Counseling and Motivational Competencies:

- **Motivational interviewing:** Knowledge and ability to apply motivational dialogue techniques in working with families, supporting lifestyle changes.
- **Empathy and Understanding:** The ability to empathetically listen, understand, and adapt support to the individual needs of families.



5. **Knowledge of Accessibility and Inclusion:**

- **Understanding Accessibility:** Knowledge of accessibility principles and the need to consider the diverse needs of families, including individuals with disabilities.
- **Inclusion in the Educational Process:** The ability to create an educational environment that takes into account cultural, social, and individual differences.

6. **Organizational Skills:**

- **Effective Time Management:** The ability to effectively manage session time, ensuring a balanced course progression.
- **Organization of Materials:** The ability to present materials clearly, apply various teaching methods, and engage participants.

7. **Commitment to Professional Development:**

- **Pursuit of Personal Development:** A commitment to continuous self-improvement, participation in training, industry conferences, and developing competencies related to the course's subject matter.
- **Sharing Knowledge:** Willingness to share personal experiences, reflect on practice, and inspire others to develop.

8. **Ethics and Holistic Approach:**

- **Awareness of Ethical Issues:** Understanding and adherence to ethical principles in working with families.
- **Holistic Approach:** Considering the multidimensional nature of health, incorporating physical, psychosocial, and spiritual aspects into the counseling process.





**FAMILY HEALTH ADVISOR
TRAINING PROGRAM**

CLASS SCENARIOS



MODULE NAME	Basic Medical Knowledge		
MODULE NUMBER	1	NUMBER OF HOURS	16

EDUCATIONAL OBJECTIVES

Module 1 focuses on providing participants with foundational medical knowledge necessary to understand basic concepts related to health. Participants will gain knowledge in anatomy, physiology, and fundamental information about the key systems and organs of the human body.

MAIN OBJECTIVE

Participants will acquire a solid foundation of medical knowledge, enabling them to identify key anatomical structures, understand physiological processes, and communicate effectively with families in the context of health.

SPECIFIC OBJECTIVES

1. Understanding the anatomy and physiology of the human body.
2. Acquiring basic knowledge about the functioning of the main systems of the human body.
3. Recognizing basic symptoms of diseases.
4. Developing the ability to identify situations requiring specialist intervention.

INITIAL ASSUMPTIONS

Number of participants – no fewer than 8 and no more than 14

A room that allows for creating smaller groups

The ability to arrange the space by moving/removing tables and chairs

METHODS/FORMATS OF TEACHING

- Interactive lectures presenting basic medical concepts.
- Analysis of clinical cases.
- Simulations of health-related situations.

- Group discussions on medical topics.

EDUCATIONAL CONTENT

- 1.1. Fundamentals of human body anatomy and physiology
- 1.2. Understanding basic medical concepts
- 1.3. Recognizing symptoms and basic diagnostics
- 1.4. Fundamentals of pharmacology

LEARNING OUTCOMES

After completing this module, participants will be able to:

- **Understand Basic Anatomical Structures and Body Functions:**
 - Identify and describe basic anatomical structures and understand their functions.
- **Understand Physiological Processes:**
 - Comprehend key physiological processes occurring in the human body.
- **Familiarity with Basic Medical Concepts:**
 - Use fundamental concepts from the field of medicine.
- **Understand the Basics of Pharmacology:**
 - Acquire basic knowledge of pharmacology and the main groups of drugs.



MODULE NAME	Health Promotion Across the Family Life Cycle		
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MODULE NUMBER	2	NUMBER OF HOURS	8
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EDUCATIONAL OBJECTIVES

Module 2 focuses on health promotion at various stages of family life. Participants will gain knowledge about the specific health needs of different age groups, enabling them to more effectively support families in maintaining health at various stages of development.

MAIN OBJECTIVE

Participants will develop knowledge and skills in planning and implementing health promotion activities tailored to different stages of the family life cycle.

SPECIFIC OBJECTIVES

1. Understanding health changes occurring at different phases of family life.
2. Identifying the specific health needs of children, adults, and elderly individuals.
3. Planning health promotion activities for different age groups within the family.
4. Enhancing communication skills with various family members in the context of health promotion.

INITIAL ASSUMPTIONS

Number of participants – no fewer than 8 and no more than 14

A room that allows for creating smaller groups

The ability to arrange the space by moving/removing tables and chairs

METHODS/FORMATS OF TEACHING

- Lectures presenting specific aspects of health at different phases of life.
- Analysis of family cases at various stages of development.
- Practical workshops on planning health promotion activities.

- Panel discussions with family health experts.

EDUCATIONAL CONTENT

- 2.1. Healthy lifestyle at different stages of family life.
- 2.2. Health education for various age groups.
- 2.3. Promotion of mental health within the family.

LEARNING OUTCOMES

After completing this module, participants will be able to:

- 1. Understand the Impact of Life Stages on Family Health:**

- Analyze the influence of different life stages on the health and functioning of the family.

- 2. Plan Health Promotion Activities:**

- Plan and implement health promotion activities tailored to different phases of family life.

- 3. Enhance Skills in Identifying Health Risks:**

- Improve skills in identifying potential health risks at various stages of the life cycle.

- 4. Integrate Knowledge of Mental, Physical, and Social Health:**

- Integrate knowledge of mental, physical, and social health in the context of working with families.



MODULE NAME	Legal Aspects of Health Counseling		
MODULE NUMBER	3	NUMBER OF HOURS	4

EDUCATIONAL OBJECTIVES

Module 3 is dedicated to discussing the legal frameworks related to health counseling. Participants will gain knowledge about patient rights, professional ethics, and current regulations governing work in the health sector.

MAIN OBJECTIVE

Participants will acquire an understanding of the legal frameworks related to health counseling, enabling them to respect patient rights and act in compliance with professional ethics.

SPECIFIC OBJECTIVES

1. Understanding patient rights and their significance in the context of health counseling.
2. Familiarizing themselves with the principles of professional ethics in the health sector.
3. Awareness of current regulations concerning work in the health sector.
4. Applying legal and ethical principles in health counseling practice.

INITIAL ASSUMPTIONS

Number of participants – no fewer than 8 and no more than 14

A room that allows for creating smaller groups

The ability to arrange the space by moving/removing tables and chairs

METHODS/FORMATS OF TEACHING

- Lectures presenting the basics of patient rights and professional ethics.
- Analysis of clinical cases from a legal perspective.



- Group discussions on legal and ethical challenges in health counseling.
- Practical workshops on applying legal regulations in real-life situations.

EDUCATIONAL CONTENT

3.1. Patient rights and their significance in health counseling.

3.2. Ethics and principles of working with patient data.

3.3. Legal frameworks for the Family Health Advisor's work.

LEARNING OUTCOMES

After completing this module, participants will be able to:

1. **Understand Basic Patient Rights:**

- Know the fundamental patient rights and their significance in the context of advisory work.

2. **Comprehend Principles of Professional Ethics:**

- Understand the principles of professional ethics in the context of working with families.

3. **Adhere to Legal Frameworks:**

- Comply with legal frameworks related to health counseling.

4. **Familiarity with Current Legal Regulations in Healthcare:**

- Possess up-to-date knowledge of legal regulations concerning healthcare.



MODULE NAME	Counseling Support for Families Based on Resources		
MODULE NUMBER	4	NUMBER OF HOURS	12

EDUCATIONAL OBJECTIVES

Module 4 focuses on the role of support resources in the context of family counseling. Participants will learn how to identify available social support resources, utilize them effectively, and integrate them into health counseling practice.

MAIN OBJECTIVE

Participants will develop the ability to assess family resources, enabling them to plan individualized support strategies by integrating external resources.

SPECIFIC OBJECTIVES

1. Knowledge of various forms of support resources available to families.
2. Ability to identify family needs and match appropriate resources.
3. Improving skills in building social support networks for families.
4. Developing the ability to guide families toward specialized support resources.

INITIAL ASSUMPTIONS

Number of participants – no fewer than 8 and no more than 14
 A room that allows for creating smaller groups
 The ability to arrange the space by moving/removing tables and chairs

METHODS/FORMATS OF TEACHING

- Presentations on available support resources.
- Practical workshops on identifying family needs and matching resources.
- Simulations of situations where support resources need to be utilized.

- Panel discussions with representatives of institutions providing support to families.

EDUCATIONAL CONTENT

- 4.1. Identifying family resources.
- 4.2. Supporting the creation of action plans based on resources.
- 4.3. Building collaboration with other professionals.

LEARNING OUTCOMES

After completing this module, participants will be able to:

- 1. Assess Family Resources:**

- Evaluate family resources, considering their individual characteristics and capabilities.

- 2. Plan Individual Support Strategies:**

- Develop individual support strategies tailored to the needs and situations of families.

- 3. Implement Psychosocial Support Actions:**

- Implement actions that support the mental and social well-being of families.

- 4. Integrate External Resources:**

- Integrate external resources, such as support groups or institutions assisting families.



MODULE NAME	Training in Counseling Skills with Elements of Motivational interviewing		
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MODULE NUMBER	5	NUMBER OF HOURS	8
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EDUCATIONAL OBJECTIVES

Module 5 focuses on developing counseling skills, with particular emphasis on motivational dialogue. Participants will acquire practical tools for conducting effective conversations, inspiring change, and supporting decision-making processes related to family health.

MAIN OBJECTIVE

Participants will develop counseling skills, including the application of motivational dialogue techniques, enabling them to effectively support families in making positive changes.

SPECIFIC OBJECTIVES

1. Acquiring the ability to listen effectively and ask questions in the context of health counseling.
2. Enhancing the ability to motivate families to change health-related behaviors.
3. Understanding the basic principles of motivational dialogue and their application in practice.
4. Developing skills to build a trusted advisory relationship with families.

INITIAL ASSUMPTIONS

Number of participants – no fewer than 8 and no more than 14

A room that allows for creating smaller groups

The ability to arrange the space by moving/removing tables and chairs

METHODS/FORMATS OF TEACHING

- Practical workshops on communication skills.
- Simulations of counseling conversations incorporating elements of motivational dialogue.
- Analysis of clinical cases from the perspective of developing counseling competencies.
- Group discussions on challenges related to motivation for change.

EDUCATIONAL CONTENT

- 5.1. Techniques for effective communication in counseling.
- 5.2. Introduction to motivational dialogue.
- 5.3. Practical exercises and case studies.

LEARNING OUTCOMES

After completing this module, participants will be able to:

1. **Develop Counseling Skills:**
 - Enhance counseling skills in the context of working with families.
2. **Apply Motivational Dialogue Techniques:**
 - Use motivational dialogue techniques in conversations with families.
3. **Improve Health Communication:**
 - Refine health communication skills, considering the specifics of working with families.
4. **Adapt Counseling Actions to Individual Needs:**
 - Tailor counseling actions to the individual needs and expectations of families.



MODULE NAME	Communication, Relationships, Coping with Stress in the Family		
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MODULE NUMBER	6	NUMBER OF HOURS	12
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EDUCATIONAL OBJECTIVES

Module 6 is dedicated to topics of communication, relationship building, and stress management in the context of families. Participants will acquire skills in effective communication, building lasting relationships, and supporting families in coping with stress.

MAIN OBJECTIVE

Participants will develop skills in building effective family relationships, improving family communication, and managing stress within the context of family health.

SPECIFIC OBJECTIVES

1. Enhancing interpersonal communication skills in working with families.
2. Building skills for fostering positive relationships in the context of family health.
3. Developing competencies in managing stress, both personal and family-related.
4. Acquiring the ability to identify stress-inducing situations in families.

INITIAL ASSUMPTIONS

Number of participants – no fewer than 8 and no more than 14

A room that allows for creating smaller groups

The ability to arrange the space by moving/removing tables and chairs

METHODS/FORMATS OF TEACHING

- Practical workshops on effective communication.

- Games and exercises to develop relationship-building skills.
- Stress management techniques and their practical application.
- Case analysis of stress-inducing situations in families.

EDUCATIONAL CONTENT

6.1. Building positive relationships with the family.

6.2. Coping with stress and difficulties in the family.

6.3. Communication in conflict situations.

LEARNING OUTCOMES

After completing this module, participants will be able to:

1. **Build Effective Family Relationships:**

- Develop effective relationships with family members, considering the diversity of their needs and expectations.

2. **Improve Family Communication Skills:**

- Enhance family communication skills, taking into account the specifics of communication in the context of health.

3. **Manage Stress in Families:**

- Identify stress-inducing situations in families and develop skills to cope with stress.

4. **Support Families in Crisis Situations:**

- Provide support to families in crisis situations, serving as a source of psychosocial support.



MODULE NAME	Dietetics and Nutrition		
MODULE NUMBER	7	NUMBER OF HOURS	6

EDUCATIONAL OBJECTIVES

Module 7 focuses on dietary aspects and healthy eating. Participants will gain knowledge about the principles of a balanced diet, the impact of nutrition on health, and the role of diet in disease prevention.

MAIN OBJECTIVE

Participants will acquire knowledge about the importance of proper nutrition for family health, enabling them to plan balanced diets and provide nutritional advice.

SPECIFIC OBJECTIVES

1. Understanding the principles of healthy eating and a balanced diet.
2. Acquiring knowledge about the role of individual nutrients.
3. Developing the ability to plan healthy meals for families.
4. Enhancing skills in providing basic dietary information to families.

INITIAL ASSUMPTIONS

Number of participants – no fewer than 8 and no more than 14

A room that allows for creating smaller groups

The ability to arrange the space by moving/removing tables and chairs

METHODS/FORMATS OF TEACHING

- Presentations on the basics of dietetics and healthy eating.
- Practical workshops on planning healthy meals.
- Analysis of clinical cases related to nutritional issues.
- Group discussions on challenges in introducing healthy eating habits in families.

EDUCATIONAL CONTENT

7.1. Basics of healthy eating.

7.2. Individual planning of family diets.

7.3. Importance of diet in various health conditions.

LEARNING OUTCOMES

After completing this module, participants will be able to:

1. Understand the Importance of Proper Nutrition:

- Comprehend the significance of proper nutrition for the health of individuals and families.

2. Plan Balanced Diets:

- Plan balanced diets, considering different age groups and family needs.

3. Improve Nutritional Education Skills:

- Enhance skills in conveying information about healthy eating to families.

4. Identify Nutritional Problems:

- Recognize potential nutritional issues within families and take preventive actions.



Dietary Supplementation

8

NUMBER OF
HOURS

6

EDUCATIONAL OBJECTIVES

Module 8 focuses on dietary supplementation as a component supporting a healthy lifestyle. Participants will gain knowledge about the role of dietary supplements, their effects on the body, and criteria for safe use.

MAIN OBJECTIVE

Participants will develop competencies in assessing dietary supplementation needs, enabling them to provide individual advice on the use of supplements within families.

SPECIFIC OBJECTIVES

1. Understanding the role of dietary supplementation in the context of a healthy lifestyle.
2. Acquiring knowledge about various types of supplements and their applications.
3. Improving skills in assessing supplementation needs for different age groups.
4. Providing practical information to families on the safe use of dietary supplements.

INITIAL ASSUMPTIONS

Number of participants – no fewer than 8 and no more than 14

A room that allows for creating smaller groups

The ability to arrange the space by moving/removing tables and chairs

METHODS/FORMATS OF TEACHING

- Lectures presenting the basics of dietary supplementation.

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- Analysis of cases related to dietary supplementation.
- Practical workshops on assessing supplementation needs.
- Panel discussions with experts in dietary supplementation.

EDUCATIONAL CONTENT

- 8.1. The importance of dietary supplements.
- 8.2. Safe use of supplements.
- 8.3. The role of supplementation in health prevention.

LEARNING OUTCOMES

After completing this module, participants will be able to:

- 1. Understand Different Forms of Supplementation:**
 - Recognize various forms of dietary supplementation and their applications in different health situations.
- 2. Assess Supplementation Needs in Families:**
 - Evaluate the dietary supplementation needs of families, considering individual health conditions.
- 3. Provide Individual Advice on Supplementation:**
 - Offer personalized advice on the use of supplements, tailored to family-specific needs.
- 4. Integrate Supplementation into Family Support Plans:**
 - Incorporate dietary supplementation into comprehensive family health support plans, taking into account recommendations from other specialists.



MODULE NAME	Psychoprophylaxis of Addictions		
MODULE NUMBER	9	NUMBER OF HOURS	8

EDUCATIONAL OBJECT Psychoprophylaxis of Addictions IVES

The module focuses on addiction psychoprevention in the context of family health. The training covers topics related to identifying warning signs of addiction, prevention, and supporting families in coping with issues related to addictions.

MAIN OBJECTIVE

Participants will develop skills in identifying and preventing addictions in families, enabling them to conduct preventive measures and provide support to families affected by addictions.

SPECIFIC OBJECTIVES

1. Acquiring knowledge about types of addictions and their impact on families.
2. Gaining the ability to recognize warning signs of addictions within families.
3. Improving skills in planning preventive and intervention actions in the area of addictions.

INITIAL ASSUMPTIONS

Number of participants – no fewer than 8 and no more than 14

A room that allows for creating smaller groups

The ability to arrange the space by moving/removing tables and chairs

METHODS/FORMATS OF TEACHING

- Analysis of cases involving families affected by addictions.
- Practical workshops on psychopreventive techniques.
- Group discussions on the role of the Family Health Advisor in addiction prevention.



EDUCATIONAL CONTENT

- 9.1. Identifying warning signs of addiction.
- 9.2. Methods of addiction prevention within the family.
- 9.3. Supporting families struggling with addiction.

LEARNING OUTCOMES

After completing this module, participants will be able to:

1. **Identify Types of Addictions:**

- Recognize various types of addictions and understand their impact on individuals and families.

2. **Understand Warning Signs:**

- Identify warning signs indicating the potential occurrence of addiction within families.

3. **Conduct Preventive Actions:**

- Plan and implement preventive measures aimed at reducing the risk of addictions in families.

4. **Support Families with Addictions:**

- Provide support to families affected by addiction, integrating psychosocial elements into the counseling process.

5. **Apply Psychopreventive Techniques:**

- Use various psychopreventive techniques in working with families to promote a healthy lifestyle



MODULE NAME	Treatment Methods		
MODULE NUMBER	10	NUMBER OF HOURS	6

EDUCATIONAL OBJECTIVES

The module focuses on various natural healing methods in the context of family health. The training covers topics such as herbal medicine, homeopathy, acupuncture, and other alternative therapies.

MAIN OBJECTIVE

Participants will gain knowledge about various natural healing methods, enabling them to assess the safety and effectiveness of these methods and integrate them into family support plans.

SPECIFIC OBJECTIVES

1. Acquire knowledge about various natural healing methods.
2. Develop the ability to evaluate the safety and effectiveness of natural therapies.
3. Improve skills in advising families on the use of natural healing methods.

INITIAL ASSUMPTIONS

Number of participants – no fewer than 8 and no more than 14

A room that allows for creating smaller groups

The ability to arrange the space by moving/removing tables and chairs

METHODS/FORMATS OF TEACHING

- Lectures presenting the theoretical foundations of various natural healing methods.
- Practical workshops focused on evaluating the safety and effectiveness of natural therapies.

- Case analysis of families using natural healing methods.

EDUCATIONAL CONTENT

10.1. The importance of natural healing methods in prevention.

10.2. Herbal medicine and other natural therapies.

10.3. Safe use of natural healing methods.

LEARNING OUTCOMES

After completing this module, participants will be able to:

1. Understand Various Healing Methods:

- Gain knowledge about different natural healing methods and their applications in family health.

2. Evaluate the Safety and Effectiveness of Therapies:

- Assess the safety and effectiveness of natural therapies, making informed counseling decisions.

3. Advise Families on Using Natural Therapies:

- Provide advice to families on using natural healing methods, considering individual needs and limitations.

4. Integrate Alternative Therapies:

- Incorporate natural healing methods into family support plans, considering recommendations from other specialists.

5. Analyze the Effects of Using Natural Therapies:

- Analyze the effects of natural therapies on family health, considering psychosocial aspects.



MODULE NAME	Planning and Organization of Physical Activity with Elements of Physiotherapy		
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MODULE NUMBER	11	NUMBER OF HOURS	8
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EDUCATIONAL OBJECTIVES

The module focuses on the role of physical activity in family health. The training covers topics related to planning and organizing physical activity programs, including elements of physiotherapy.

MAIN OBJECTIVE

Participants will acquire knowledge about the importance of physical activity for family health, develop skills in planning physical activity programs, and integrate elements of physiotherapy.

SPECIFIC OBJECTIVES

1. Understand the role of physical activity in maintaining family health.
2. Develop skills in planning and organizing physical activity programs.
3. Enhance the ability to integrate elements of physiotherapy into family support plans.

INITIAL ASSUMPTIONS

Number of participants – no fewer than 8 and no more than 14

A room that allows for creating smaller groups

The ability to arrange the space by moving/removing tables and chairs

METHODS/FORMATS OF TEACHING

- Presentations on the health benefits of regular physical activity.
- Practical workshops on planning physical activity programs for families.
- Case analysis of families considering physiotherapeutic aspects.

EDUCATIONAL CONTENT

- 11.1. The role of physical activity in family health.
- 11.2. Planning a schedule for physical activity.
- 11.3. Basics of physiotherapy in the family context.

LEARNING OUTCOMES

After completing this module, participants will be able to:

1. **Understand the Importance of Physical Activity:**
 - Comprehend the health benefits of regular physical activity for individuals and families.
2. **Plan Physical Activity Programs:**
 - Plan and organize physical activity programs tailored to different age groups and the health conditions of families.
3. **Integrate Elements of Physiotherapy:**
 - Incorporate elements of physiotherapy into physical activity programs to support family health and functioning.
4. **Support Families in Maintaining Physical Activity:**
 - Support families in maintaining a healthy lifestyle through physical activity, considering individual preferences and capabilities.
5. **Analyze the Effectiveness of Physical Activity Programs:**
 - Evaluate the effectiveness of physical activity programs in the context of family health, taking into account psychosocial aspects.



MODULE NAME	Accessibility and Support for Persons with Disabilities		
MODULE NUMBER	12	NUMBER OF HOURS	4

EDUCATIONAL OBJECTIVES

The module focuses on aspects of accessibility and support for people with disabilities in the family context. The training covers a variety of disabilities, including those related to mobility, hearing, vision, and other specific needs. The goal of the module is to equip Family Health Advisors with the skills to understand and effectively support families with members who have disabilities.

MAIN OBJECTIVE

Participants will acquire skills to understand the diversity of disabilities, identify specific needs of people with disabilities, adapt environments to their needs, and provide psychosocial support to families.

SPECIFIC OBJECTIVES

1. Understand various types of disabilities and their impact on the functioning of individuals and families.
2. Develop the ability to identify the specific needs of people with disabilities.
3. Build competencies in adapting environments to meet the needs of people with disabilities.
4. Enhance communication skills in the context of working with individuals with different types of disabilities.
5. Improve skills in providing psychosocial support to families with members who have disabilities.

INITIAL ASSUMPTIONS

Number of participants – no fewer than 8 and no more than 14

A room that allows for creating smaller groups

The ability to arrange the space by moving/removing tables and chairs

METHODS/FORMATS OF TEACHING

- Case analysis related to the functioning of individuals with disabilities within the family.
- Practical workshops on adapting environments to the needs of individuals with disabilities.
- Presentations on the diversity of disabilities and the specific needs of individuals with disabilities.

EDUCATIONAL CONTENT

12.1. Understanding different types of disabilities.

12.2. Issues of physical and sensory accessibility in the family environment.

12.3. Supporting families in adapting to the needs of individuals with disabilities.

LEARNING OUTCOMES

After completing this module, participants will be able to:

- 1. Understand the Diversity of Disabilities:**
 - Understand the diversity of disabilities, including those related to mobility, hearing, vision, and other specific needs.
- 2. Identify Specific Needs of Individuals with Disabilities:**
 - Identify the specific needs of individuals with disabilities and incorporate them into the counseling process.
- 3. Adapt the Environment to Needs:**
 - Develop competencies in adapting environments to the needs of individuals with various types of disabilities.
- 4. Enhance Communication Competencies:**



- Improve communication skills in the context of working with individuals with different types of disabilities.

5. Provide Psychosocial Support to Families:

- Improve skills in providing psychosocial support to families with individuals with disabilities, addressing specific challenges.



MODULE NAME	Functioning of Persons with Disabilities in the Family		
MODULE NUMBER	13	NUMBER OF HOURS	4

EDUCATIONAL OBJECTIVES

The module focuses on aspects of accessibility and support for individuals with disabilities in the family context. The training will cover the diversity of disabilities, including those related to mobility, hearing, vision, and other specific needs. The goal is to equip Family Health Advisors with the skills to understand and effectively support families with members who have disabilities.

MAIN OBJECTIVE

Participants will develop competencies in understanding and effectively supporting families with individuals with disabilities, taking into account diversity and specific needs.

SPECIFIC OBJECTIVES

1. Understand various types of disabilities and their impact on the functioning of individuals and families.
2. Acquire skills to identify the specific needs of individuals with disabilities.
3. Build competencies in adapting environments to meet the needs of individuals with disabilities.
4. Develop communication skills in the context of working with individuals with different types of disabilities.
5. Enhance skills in providing psychosocial support to families with individuals with disabilities.

INITIAL ASSUMPTIONS

Number of participants – no fewer than 8 and no more than 14

A room that allows for creating smaller groups

The ability to arrange the space by moving/removing tables and chairs

METHODS/FORMATS OF TEACHING

- Analysis of cases and studies.
- Practical workshops on communication with individuals with disabilities.
- Panel discussions with specialists in disability issues.
- Practical exercises on adapting the environment.

EDUCATIONAL CONTENT

13.1. Unique challenges faced by families with individuals with disabilities.

13.2. The role and impact of disability on family relationships.

13.3. Support strategies for families with individuals with disabilities.

LEARNING OUTCOMES

After completing this module, participants will be able to:

- 1. Understand the Diversity of Disabilities:**
 - Comprehend the diversity of disabilities, including those related to mobility, hearing, vision, and other specific needs.
- 2. Identify Specific Needs of Individuals with Disabilities:**
 - Identify the specific needs of individuals with disabilities and incorporate them into the counseling process.
- 3. Adapt the Environment to Needs:**
 - Develop competencies in adapting environments to meet the needs of individuals with various types of disabilities.
- 4. Enhance Communication Competencies:**
 - Improve communication skills in the context of working with individuals with different types of disabilities.



5. Provide Psychosocial Support to Families:

- Refine skills in providing psychosocial support to families with members who have disabilities, addressing specific challenges.



MODULE NAME	International Classification of Functioning, Disability, and Health (ICF)		
MODULE NUMBER	14	NUMBER OF HOURS	8

EDUCATIONAL OBJECTIVES

The module is dedicated to the International Classification of Functioning, Disability, and Health (ICF), a classification system developed by the World Health Organization (WHO). The course focuses on the practical application of ICF in the work of the Family Health Advisor, helping participants understand the tool and use it for assessment and support planning for individuals with various types of disabilities.

MAIN OBJECTIVE

Participants will acquire skills in applying the International Classification of Functioning, Disability, and Health (ICF) in practice, enabling effective assessment, support planning, and integration of ICF into overall family health plans.

SPECIFIC OBJECTIVES

1. Gain knowledge about the structure and applications of the International Classification of Functioning, Disability, and Health (ICF).
2. Develop the ability to practically use ICF for assessing the functioning of individuals with disabilities.
3. Enhance skills in planning support for families by incorporating the ICF classification.
4. Analyze practical cases using ICF in various health-related situations.

INITIAL ASSUMPTIONS

Number of participants – no fewer than 8 and no more than 14
 A room that allows for creating smaller groups

The ability to arrange the space by moving/removing tables and chairs

METHODS/FORMATS OF TEACHING

- Lectures presenting the theoretical foundations of ICF.
- Practical exercises on assessing functioning using ICF.
- Practical examples of applying ICF in support planning.
- Group discussions and case analysis.

EDUCATIONAL CONTENT

14.1. Introduction to the International Classification of Functioning, Disability, and Health (ICF).

14.2. Application of ICF in the assessment and support planning for individuals with disabilities.

14.3. Use of ICF for analyzing the functioning of families with individuals with disabilities.

LEARNING OUTCOMES

After completing this module, participants will be able to:

1. **Understand the Principles of the International Classification of Functioning, Disability, and Health (ICF):**
 - Understand the principles and structure of the International Classification of Functioning, Disability, and Health.
2. **Apply ICF in the Context of Family Health Advisor Work:**
 - Use ICF in practice, applying it in assessment, planning, and providing support for individuals with various types of disabilities.
3. **Analyze Cases Using ICF:**
 - Analyze family cases using ICF, identifying areas of support and necessary adaptations.
4. **Integrate ICF into Comprehensive Family Support Planning:**



- Integrate the International Classification of Functioning, Disability, and Health into overall family health support plans, considering the needs of individuals with disabilities.

