



FAMILY HEALTH ADVISOR

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COMPETENCY PROFILE OF THE FAMILY HEALTH ADVISOR

1



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FAMILY HEALTH ADVISOR

COMPETENCY PROFILE OF THE FAMILY HEALTH ADVISOR

Family Health Advisor Job Profile

Job Description:

The Family Health Advisor is a professional with comprehensive knowledge in health, nutrition, family psychology, and counseling. Their primary goal is to support families in maintaining and improving their physical and mental health. They work interdisciplinarily, integrating knowledge from various fields to provide effective advice.

Professional Responsibilities:

1. Health Counseling:

- Providing comprehensive advice on a healthy lifestyle for families.
- Assessing and diagnosing the health needs of families and developing personalized action plans.

2. Family Health Promotion:

- Organizing promotional and educational activities on healthy lifestyles.
- Supporting families in making informed health decisions.

3. Health Management:

- Monitoring families' health status and collaborating with other healthcare specialists.
- Planning and implementing preventive programs.

3



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4. **Psychosocial Support:**

- Providing psychosocial support to families in crisis situations.
- Conducting motivational interviews and coping skills training.

5. **Nutritional Counseling:**

- Assessing and diagnosing families' dietary habits.
- Offering advice on healthy eating and diet planning.

6. **Supplementation Advice:**

- Providing information on safe dietary supplementation.
- Assisting in choosing suitable supplements tailored to families' individual needs.

7. **Working with People with Disabilities:**

- Recognizing and understanding the needs of families with disabled members.
- Supporting these families in accessing appropriate resources and services.

8. **International Classification of Functioning, Disability, and Health (ICF):**

- Utilizing the ICF to assess and plan support for families.

Professional Competencies:

1. **Specialist Knowledge:**

- Understanding the basics of medicine, family psychology, dietetics, and other health-related fields.
- Up-to-date knowledge of innovations and trends in healthy living.

2. **Communication and Interpersonal Relationships:**

- Excellent verbal and non-verbal communication skills.
- Ability to build lasting and trusting relationships with families.

3. **Counseling and Coaching:**

- Expertise in conducting effective counseling processes.
- Application of coaching techniques, particularly motivational interviewing.



4. **Health Project Management:**

- Skills in planning and implementing health programs.
- Efficient time and resource management in family health projects.

5. **Adaptation to Diversity:**

- Understanding and respecting cultural and social diversity.
- Ability to adapt support to families' individual needs.

6. **Professional Ethics:**

- Strict adherence to professional ethical standards.
- Demonstrating honesty and respect when working with families.

7. **Information Technology Skills:**

- Proficiency in modern IT tools for professional work.
- Knowledge of applications supporting a healthy lifestyle.

8. **Interdisciplinary Teamwork:**

- Effective collaboration with doctors, psychologists, dietitians, and other specialists.
- Integrating knowledge from various fields to provide comprehensive family support.

Required Qualifications:

- Higher education in medicine, psychology, dietetics, or related fields.
- Additional training in counseling, communication, or coaching.
- Professional experience in working with families and health-related fields.

Career Opportunities:

A Family Health Advisor can work in:

- Family health centers.
- Health clinics.
- Social welfare centers.
- Private health counseling practices.
- Educational and research institutions.



DETAILED COMPETENCY PROFILE

This competency profile encompasses key aspects that enable a Family Health Advisor to effectively support families in health and relationship matters. It prepares them for comprehensive work, integrating both theoretical and practical aspects while adapting to the ever-changing professional environment.

Communication Competencies

The communication competencies of a Family Health Advisor include a wide range of skills, knowledge, and attitudes essential for effective and empathetic communication with various types of families. They focus on building trust, openness, and supporting families in their journey toward positive change.

Knowledge:

1. Principles of Effective Communication:

- Understanding the fundamental principles of verbal and non-verbal communication.
- Knowledge of the role of body language, tone of voice, and gestures in the communication process.

2. Cultural Diversity:

- Awareness of cultural differences and their impact on communication.
- Knowledge of consciously respecting and considering different cultural values and norms.

3. Empathetic Listening Skills:

- Ability to focus on the needs and emotions of the speaker.
- Knowledge of techniques for empathetic listening, active responding, and confirming understanding.

Skills:

1. Clear Information Delivery:

- Ability to communicate information clearly and transparently.



- Skill in adapting messages to the audience's level of understanding.

2. **Building Positive Communication Relationships:**

- Ability to build and maintain positive relationships with families.
- Skill in fostering trust through openness and authenticity.

3. **Motivational Dialogue:**

- Application of motivational dialogue techniques in conversations with families.
- Ability to ask open-ended questions and help families identify their own goals and motivations.

4. **Handling Difficult Topics:**

- Capability to discuss challenging topics, such as addictions or eating disorders.
- Ability to maintain professionalism and respect in difficult situations.

5. **Adapting Communication to Different Age Groups:**

- Skill in tailoring communication style to different age groups within a family.
- Understanding the specifics of communicating with children, teenagers, adults, and seniors.

Attitudes:

1. **Attitude of Respect and Honesty:**

- Respectful attitude toward every family, regardless of their situation or needs.
- Honesty in communication, avoiding judgment and prejudice.

2. **Openness and Flexibility:**

- Openness to diverse perspectives and ways of expressing needs.
- Flexibility in adapting to various family communication styles.

3. **Understanding Individual Differences:**

- Understanding and acceptance of individual differences in communication approaches.
- Willingness to adapt to families' individual communication preferences.



4. **Solution-Focused Approach:**

- Attitude focused on collaboratively seeking solutions.
- Ability to highlight families' strengths and resources.

5. **Continuous Improvement:**

- Willingness to continually improve communication skills.
- Readiness to participate in training and workshops on interpersonal communication.

Relational Competencies:

The relational competencies of a Family Health Advisor include understanding family psychology, the ability to build positive relationships, manage conflicts, and provide support in challenging situations. Empathy, respect, and equality are essential attitudes for effective work in the area of family relationships.

Knowledge:

1. **Family Psychology:**

- Understanding psychological processes occurring within the family.
- Knowledge of how family structure affects the functioning of its members.

2. **Systems Theory:**

- Familiarity with systems theory and its application in working with families.
- Knowledge of interdependencies and interactions within the family system.

3. **Developmental Psychology:**

- Understanding the stages of family development and the development of individual members.
- Knowledge of developmental specifics of children, adolescents, adults, and the elderly.



Skills:

1. Building Positive Family Relationships:

- Ability to create an atmosphere of trust and support in relationships with families.
- Skill in identifying and strengthening the positive aspects of family relationships.

2. Conflict Management:

- Ability to recognize and effectively manage family conflicts.
- Use of mediation and negotiation techniques to resolve disputes.

3. Support in Crisis Situations:

- Ability to provide support to families during challenging life situations.
- Skill in identifying and mitigating the effects of family crises.

4. Working with Diversity:

- Ability to consider and respect cultural, social, and individual differences.
- Skill in tailoring support to the unique needs of families.

5. Leading Family Groups:

- Ability to effectively conduct meetings with family groups.
- Skill in stimulating activity and collaboration within the group.

Attitudes:

1. Empathy and Understanding:

- Empathy and understanding toward the various life situations of families.
- Willingness to accept and understand diverse feelings and emotional responses.

2. Respect for Privacy:

- Respect for families' privacy and personal information.
- Ability to maintain discretion and confidentiality.



3. **Equality-Based Approach:**

- Equal treatment in relationships with families, regardless of their situation or social status.
- Striving to eliminate all forms of discrimination.

4. **Commitment and Willingness to Help:**

- Strong commitment to the process of supporting families.
- Readiness to take additional actions for the benefit of families.

5. **Continuous Development of Competencies:**

- Desire for ongoing improvement of relational skills.
- Openness to new approaches and techniques in working with families.

Methodological/Process Competencies:

The methodological/process competencies of a Family Health Advisor include the ability to conduct advisory processes, use diagnostic techniques, plan health programs, and apply various advisory techniques in practice with families. Flexibility, commitment, professional ethics, and a pursuit of continuous improvement are essential for effective performance in advisory processes.

Knowledge:

1. **Advisory Process:**

- Understanding the stages of the advisory process and the role of the Family Health Advisor in each.
- Knowledge of various models and approaches to conducting advisory sessions.

2. **Diagnostic Techniques:**

- Familiarity with various diagnostic techniques to assess the health needs of families.
- Knowledge of tools and questionnaires useful for diagnosing family situations.



3. Health Program Planning:

- Ability to plan personalized health programs for families.
- Capacity to identify goals and define action steps to improve family health.

Skills:

1. Practical Application of Advisory Techniques:

- Skill in practically applying various advisory techniques in work with families.
- Ability to adapt techniques to the individual needs of families.

2. Family Diagnosis and Assessment:

- Ability to diagnose family situations considering health-related aspects.
- Capacity to assess family resources and challenges in their functioning.

3. Individualized Action Plans:

- Ability to tailor health action plans based on the specific characteristics of the family.
- Skill in incorporating family preferences and capabilities into the planning process.

4. Health Education:

- Ability to provide health education tailored to the needs and understanding of families.
- Use of various educational and interactive tools.

5. Monitoring Progress:

- Capability to monitor progress in the implementation of health plans.
- Use of tools to evaluate the effectiveness of actions and make necessary adjustments.



Attitudes:

1. Attention to Individual Family Needs:

- Care for the unique needs and expectations of families.
- Ability to flexibly adjust action plans to changing needs.

2. Openness to Change:

- Openness to changes and adaptation to new information or situations.
- Flexibility and adaptability during the advisory process.

3. Commitment to the Process:

- Strong commitment to supporting families in achieving health goals.
- Willingness to continuously improve in the methodological field.

4. Maintaining Professionalism:

- Professionalism and ethical behavior in the advisory process.
- Respect for confidentiality and boundaries in relationships with families.

5. Developing Competencies:

- Commitment to continuous development of professional competencies.
- Willingness to expand knowledge and skills in the methodological area

Organizational Competencies:

The organizational competencies of a Family Health Advisor include the ability to effectively manage the advisory process, coordinate interdisciplinary collaboration, adapt to organizational structures, and plan and organize health activities for families efficiently. Responsibility, commitment, flexibility, and a focus on effectiveness are essential attitudes in the context of organizational work.



Knowledge:

1. Advisory Process Management:

- Understanding the stages and components of an effective advisory process.
- Knowledge of effective planning, implementation, and monitoring of advisory activities.

2. Knowledge of Organizational Structures:

- Familiarity with organizational structures and support systems available for families.
- Awareness of institutions, funds, and health programs.

3. Organizational Ethics:

- Understanding the principles of professional ethics in the context of organizational work.
- Knowledge of responsibilities and obligations toward clients and institutions.

Skills:

1. Planning and Organizing Activities:

- Ability to plan and organize health-related activities for families.
- Capacity for effective time and resource management.

2. Coordination of Interdisciplinary Collaboration:

- Ability to effectively coordinate work with other professionals, such as doctors, psychologists, and dietitians.
- Skill in integrating different perspectives to provide comprehensive care for families.

3. Adapting to Organizational Structures:

- Capability to adapt to diverse organizational structures.
- Skill in effectively functioning within various institutional frameworks.



4. **Information Management:**

- Ability to collect, process, and effectively use information related to families' health needs.
- Application of IT tools for data management.

5. **Health Program Planning:**

- Capacity to design long-term health programs for family communities.
- Skill in incorporating current health and social trends.

Attitudes:

1. **Responsibility for the Advisory Process:**

- Attitude of responsibility for the effectiveness of the advisory process.
- Care for the reliability and comprehensiveness of conducted activities.

2. **Commitment to Collaboration:**

- Commitment to working with various institutions and social partners.
- Openness to the idea of interdisciplinarity.

3. **Focus on Effectiveness:**

- Focus on achieving specific results in improving family health.
- Striving for continuous improvement of organizational processes.

4. **Adaptability to Changes:**

- Flexibility and readiness to adapt to changing organizational conditions.
- Understanding the need for adaptation to new challenges.

5. **Development of Organizational Competencies:**

- Commitment to continuous development of organizational work competencies.
- Willingness to participate in training and development programs related to organizational management.



Systemic Competencies:

The systemic competencies of a Family Health Advisor include understanding the structures of the health system, the ability to navigate it effectively, identifying problem areas, and implementing systemic interventions. Commitment, social responsibility, striving for change, and community education are key attitudes for effective action in the area of systemic competencies.

Knowledge:

1. Understanding Health Systems:

- Familiarity with the structure and functioning of health systems at local, regional, and national levels.
- Knowledge of the roles of various entities within the health system.

2. Health Law and Insurance:

- Understanding the basics of health law and health insurance regulations.
- Knowledge of patient rights and access to health services.

3. Health Policies:

- Awareness of national and regional health policies.
- Understanding the impact of health policy on family functioning.

Skills:

1. Navigating the Health System:

- Ability to effectively navigate the health system, including referrals, medical documentation, and administrative procedures.
- Capacity to collaborate with various medical facilities and health organizations.

2. Systemic Interventions:

- Ability to identify problem areas in the health system and propose interventions to improve accessibility and quality of services.
- Skill in advocating for systemic changes.



3. **Patient Advocacy:**

- Ability to represent the interests of patients and families within the health system.
- Capacity to support families in filing complaints and appeals.

4. **Collaboration with Social Partners:**

- Ability to work with social organizations, support groups, and other social institutions.
- Skill in building partnerships to promote family health.

5. **Cultural Awareness:**

- Awareness of the influence of cultural factors on the health system.
- Ability to consider cultural diversity in addressing health issues.

Attitudes:

1. **Commitment to Improving the System:**

- Engagement in activities aimed at improving the health system.
- Proactive approach to addressing problems within the health system.

2. **Social Engagement:**

- Commitment to social actions for public health.
- Willingness to participate in community projects and health initiatives.

3. **Social Responsibility:**

- Responsibility for supporting access to healthcare for all social groups.
- Attitude of promoting equality and fairness in healthcare.

4. **Striving for Change:**

- Commitment to fostering positive changes in the health system.
- Willingness to initiate improvements in system functioning.



5. **Community Education:**

- Dedication to educating communities about patient rights, access to health services, and the benefits of maintaining health.
- Desire to raise public awareness of health issues.

Ethical Competencies:

The ethical competencies of a Family Health Advisor include knowledge of professional ethics principles, the ability to maintain confidentiality, adjust actions to family values, and an attitude of active engagement in protecting patients' rights. Respect, equality, and professional integrity are essential in the area of ethical competencies.

Knowledge:

1. **Principles of Professional Ethics:**

- Familiarity with basic principles of professional ethics in working with families.
- Understanding ethical codes applicable in the health sector.

2. **Patient Rights:**

- Knowledge of patient rights and their role in the advisory process.
- Understanding aspects of health law relevant to families.

3. **Ethics of Autonomy:**

- Understanding and respect for the autonomy of patients and their families.
- Knowledge of the importance of shared decision-making in health matters.

Skills:

1. **Maintaining Confidentiality:**

- Ability to keep confidential information shared by families.
- Skills in properly managing patient data.

2. **Adjusting Actions to Family Values:**

- Ability to tailor advisory actions to families' values and beliefs.



- Consideration of cultural and religious diversity.

3. **Conflict of Interest:**

- Skill in identifying situations involving conflicts of interest and acting in accordance with professional ethics.
- Ability to resolve situations where family interests conflict with ethical principles.

4. **Respecting Patient's Will:**

- Ability to respect the will of the patient and family, even when it conflicts with personal beliefs.
- Balancing patient autonomy with the need to provide support.

5. **Ethics in Research and Interventions:**

- Awareness of ethical principles in conducting research and health interventions with families.
- Familiarity with procedures for obtaining informed consent from families.

Attitudes:

1. **Commitment to Protecting Patient Rights:**

- Active commitment to protecting the rights of patients and families.
- Striving for justice and equality in access to healthcare.

2. **Confidentiality and Respect:**

- Maintaining confidentiality and respect in relationships with families.
- Care for patients' intimacy and privacy.

3. **Professional Integrity:**

- Upholding professional integrity in ethically challenging situations.
- Striving to maintain high ethical standards in working with families.

4. **Accessibility and Equality:**

- Attitude of ensuring access to advisory services for all social groups.
- Efforts to eliminate barriers and inequalities in healthcare access.



5. Ethical Self-Development:

- Commitment to continuous self-development in professional ethics.
- Willingness to participate in training and workshops on ethics in healthcare work.

Substantive Competencies:

These substantive competencies encompass the knowledge, skills, and attitudes necessary for the effective work of a Family Health Advisor. Knowledge pertains to specialized fields, skills involve practical aspects of work, and attitudes shape ethical and professional practices.

Knowledge:

1. Basic Medical Knowledge:

- Familiarity with human anatomy, physiology, and pathology.
- Understanding health and disease processes in the context of families.

2. Health Promotion in the Family Life Cycle:

- Knowledge of health promotion theories and practices at various stages of family life.
- Understanding the impact of environmental factors on family health.

3. Legal Conditions of Health Counseling:

- Familiarity with key legal regulations governing health counseling.
- Understanding ethical and legal aspects of work in the field of family health.

4. Resource-Based Support in Family Counseling:

- Awareness of available social resources and support for families.
- Ability to direct families to appropriate institutions and specialists.

5. Counseling Skills Training with Motivational Interviewing Elements:

- Proficiency in using motivational interviewing techniques in family work.
- Ability to build positive advisory relationships.

6. Communication, Relationships, and Stress Management in Families:

- Skills in effective interpersonal communication.
- Understanding mechanisms for coping with stress within families.



7. **Dietetics and Nutrition:**

- Knowledge of basic dietetics and human nutrition.
- Ability to provide simple advice on healthy family nutrition.

8. **Dietary Supplementation:**

- Understanding the role of dietary supplements and their health effects.
- Skills in advising on safe supplementation.

9. **Addiction Psychoprevention:**

- Knowledge of psychosocial aspects of addictions.
- Ability to conduct preventive measures.

10. **Natural Treatment Methods:**

- Knowledge of popular natural treatment methods.
- Ability to support families in using natural remedies.

11. **Planning and Organizing Physical Activity with Physiotherapy Elements:**

- Understanding the basics of physiotherapy and physical activity.
- Ability to plan and organize physical activity programs for families.

12. **Accessibility for People with Disabilities:**

- Awareness of challenges related to accessibility for people with disabilities.
- Ability to proactively support families with disabled members.

13. **Functioning of People with Disabilities in the Family:**

- Understanding the specific needs of people with various disabilities in the family context.
- Ability to tailor support to individual needs.

14. **International Classification of Functioning, Disability, and Health (ICF):**

- Knowledge of the structure and applications of the International Classification of Functioning, Disability, and Health.



- Skills in using ICF for assessment and planning family support.

Skills:

1. Diagnosis and Assessment of Family Health Status:

- Ability to conduct a diagnosis of the family's health status.
- Capacity to assess health risks and identify areas requiring intervention.

2. Planning Individualized Health Programs:

- Ability to design personalized health programs for families.
- Skill in considering the unique needs and resources of each family.

3. Support in Managing Chronic Diseases:

- Ability to support families in coping with chronic diseases.
- Capacity to assist patients in adhering to medical recommendations.

4. Family Health Education:

- Skill in providing effective health education for families.
- Use of diverse tools and educational techniques.

5. Integration of Psychosocial Aspects:

- Capacity to incorporate psychosocial aspects into the analysis of the family's health.
- Skill in integrating psychosocial support with health-related activities.

Attitudes:

1. Commitment to Improving Community Health:

- Engagement in activities aimed at improving the health of communities and families.
- Striving to develop health programs at the local level.

2. Empathy and Respect:

- Empathy and respect in relationships with families.
- Effort to understand the individual experiences and needs of each family.

3. Openness to New Health Challenges:



- Openness to new health challenges and a willingness to learn.
- Desire to update knowledge on emerging health trends.

4. **Focus on Self-Development:**

- Commitment to continuous self-improvement in family health.
- Willingness to participate in training and courses to enhance substantive competencies.

5. **Striving for a Holistic Approach:**

- Commitment to adopting a holistic view of family health.
- Focus on considering various factors influencing health.

Substantive Competencies of the Family Health Advisor by Training Modules

The scope of knowledge, skills, and attitudes outlined in these competencies enables effective and holistic support for families in health and psychophysical well-being. The course program emphasizes the practical application of acquired knowledge in the family advisory process.

Module 1: Basic Medical Knowledge

Knowledge:

1. Understanding human anatomy and physiology.
2. Knowledge of the basic mechanisms of immune system functioning.
3. Awareness of common diseases and health conditions.

Skills:

1. Ability to identify basic symptoms of diseases.
2. Capacity to interpret the results of basic diagnostic tests.
3. Skill in conveying simple medical information to families.

Attitudes:



1. Commitment to accuracy and continuous updating of medical knowledge.
2. Dedication to clear communication of medical information to families.
3. Engagement in continuous improvement of competencies in basic medical knowledge.

Module 2: Health Promotion in the Family Life Cycle

Knowledge:

1. Understanding family development stages and associated health challenges.
2. Knowledge of health promotion activities for different phases of family life.
3. Awareness of the importance of health education in promoting health.

Skills:

1. Ability to plan health promotion activities for different age groups.
2. Capacity to identify health risk factors at various stages of family life.
3. Skill in conducting health education tailored to the needs of families.

Attitudes:

1. Commitment to health promotion across different age groups.
2. Attention to the individual needs and resources of families in planning health promotion activities.
3. Willingness to actively participate in promotional and educational campaigns.

Module 3: Legal Conditions of Health Counseling

Knowledge:

1. Familiarity with fundamental health law regulations.
2. Understanding patient rights and their importance in health counseling practice.
3. Awareness of the ethical and legal aspects of health information confidentiality.

Skills:

1. Ability to interpret and apply health law regulations.
2. Skill in providing information to patients about their rights.
3. Capacity to resolve situations involving ethical and legal issues in health work.



Attitudes:

1. Respect for patient rights and adherence to ethical standards.
2. Commitment to maintaining the integrity and confidentiality of health information.
3. Engagement in educating patients about their health rights.

Module 4: Resource-Based Family Support in Counseling**Knowledge:**

1. Awareness of available support resources for families in health-related areas.
2. Knowledge of social programs, non-governmental organizations, and other institutions supporting families.
3. Understanding the importance of social support networks for family health.

Skills:

1. Ability to identify and direct families to appropriate sources of support.
2. Capacity to build effective relationships with institutions and organizations supporting family health.
3. Skill in utilizing local community resources in family work.

Attitudes:

1. Willingness to seek and provide resource-based support to families.
2. Commitment to building partnerships with social organizations.
3. Enthusiasm for participating in community initiatives supporting family health.

Module 5: Counseling Skills Training with Motivational Interviewing Elements**Knowledge:**

1. Familiarity with interpersonal communication theories and motivational interviewing.
2. Knowledge of effective health counseling techniques.
3. Understanding the psychology of health behavior change.



Skills:

1. Ability to conduct effective counseling sessions with families.
2. Capacity to use motivational interviewing techniques in working with patients.
3. Skill in building trust and supporting behavior change processes.

Attitudes:

1. Empathy and acceptance in the counseling process.
2. Commitment to continually improving communication skills.
3. Engagement in helping families achieve positive health changes.

Module 6: Communication, Relationships, and Stress Management in Families**Knowledge:**

1. Familiarity with the basics of interpersonal communication theory.
2. Understanding how to build and maintain healthy family relationships.
3. Awareness of stress management mechanisms in a family context.

Skills:

1. Ability to effectively resolve conflicts within the family.
2. Capacity to build psychosocial support for families in stressful situations.
3. Skill in conducting family communication training sessions.

Attitudes:

1. Openness and respect in relationships with families.
2. Commitment to fostering a positive communication climate in families.
3. Engagement in supporting families in managing stress.

Module 7: Dietetics and Nutrition**Knowledge:**

1. Understanding the fundamental principles of healthy eating.
2. Knowledge of the impact of diet on family health.



3. Awareness of nutritional needs across different age groups.

Skills:

1. Ability to develop balanced nutritional plans for families.
2. Capacity to identify nutritional issues and propose effective solutions.
3. Skill in conducting health education on nutrition.

Attitudes:

1. Advocacy for a healthy lifestyle through proper nutrition.
2. Attention to individual preferences and nutritional needs of families.
3. Commitment to continuous learning and updating knowledge in dietetics.

Module 8: Dietary Supplementation

Knowledge:

1. Understanding the role of dietary supplements in a healthy lifestyle.
2. Awareness of the side effects and potential benefits of supplementation.
3. Knowledge of supplementation needs across different age groups.

Skills:

1. Ability to assess the necessity of supplementation for families.
2. Capacity to provide reliable information about dietary supplementation.
3. Skill in developing personalized supplementation plans.

Attitudes:

1. Caution and responsibility in recommending dietary supplements.
2. Commitment to family health through a rational approach to supplementation.
3. Willingness to expand knowledge about innovations and research related to supplementation.



Module 9: Psychoprevention of Addictions

Knowledge:

1. Understanding the main risk factors leading to addiction within families.
2. Knowledge of the influence of environment and genetics on addiction predisposition.
3. Familiarity with the role of family as a factor influencing addiction development.
4. Awareness of prevention strategies in the context of family support.
5. Knowledge of available psychoprevention programs for addictions.
6. Understanding effective preventive interventions.

Skills:

1. Ability to diagnose potential addiction risks within a family.
2. Capacity to identify warning signs.
3. Skill in planning personalized preventive actions.
4. Ability to adapt prevention strategies to individual family needs.
5. Competence in educating families about addiction prevention.

Attitudes:

1. Active engagement in preventive measures and willingness to support families in avoiding addiction risks.
2. Empathy in interactions with individuals struggling with addiction and their families.
3. A nonjudgmental and safe approach to providing support.
4. Openness to new methods and approaches in the field of prevention.

Module 10: Natural Treatment Methods

Knowledge:

1. Familiarity with various natural treatment methods available for families.
2. Understanding issues related to the safety and efficacy of natural therapies.
3. Knowledge of potential interactions with traditional treatment methods.
4. Awareness of a holistic approach to health.



Skills:

1. Ability to assess the individual needs of families concerning natural treatment methods.
2. Capacity to identify areas where natural therapies can be effective.
3. Skill in practically implementing natural therapies as part of family support.
4. Ability to integrate natural therapies into families' daily habits.

Attitudes:

1. Openness to diverse treatment methods, including natural therapies.
2. Advocacy for a balanced lifestyle as part of natural treatment.
3. Support for diversity in health approaches.

Module 11: Planning and Organizing Physical Activity with Physiotherapy Elements**Knowledge:**

1. Understanding the health benefits of regular physical activity.
2. Awareness of the impact of physical activity on the mental and physical health of families.
3. Familiarity with the basics of physiotherapy and its role in treating physical ailments.

Skills:

1. Ability to design personalized physical activity programs for families.
2. Capacity to consider various preferences and fitness levels.
3. Skill in conducting basic physiotherapy exercises for family members.
4. Ability to provide advice on exercises to improve physical fitness.

Attitudes:

1. Advocacy for an active lifestyle within families.
2. Willingness to inspire joint physical activities.
3. Commitment to ensuring safety during physical exercises.
4. Encouragement to explore various forms of physical activity.



Module 12: Accessibility and Support for People with Disabilities

Knowledge:

1. Understanding various types of disabilities, including motor, sensory, intellectual, and psychosocial aspects.
2. Knowledge of national and international regulations regarding the rights of people with disabilities.
3. Familiarity with current standards on accessibility and equal treatment.
4. Awareness of issues related to physical and social accessibility for people with disabilities.
5. Knowledge of environmental adaptations and tools that enhance accessibility.

Skills:

1. Ability to assess individual needs of people with disabilities.
2. Proficiency in verbal and nonverbal communication with individuals with various types of disabilities.

Attitudes:

1. Development of acceptance and equality toward people with disabilities.
2. Empathy and understanding of the life experiences of individuals with disabilities.
3. Support for initiatives that aim to create a more just and accessible environment for people with disabilities.
4. Commitment to eliminating social and physical barriers.

Module 13: Functioning of People with Disabilities in the Family

Knowledge:

1. Understanding the diversity of disabilities and their impact on family dynamics.
2. Awareness of specific needs of people with disabilities.
3. Understanding the role of the family as the primary source of support for individuals with disabilities.
4. Knowledge of the challenges and successes of families living with individuals with disabilities.



Skills:

1. Ability to individualize support for families with members who have disabilities.
2. Skill in planning activities and support programs for people with disabilities.
3. Capacity to collaborate with organizations and institutions providing support for individuals with disabilities.

Attitudes:

1. Acceptance and respect for the diversity of abilities and needs of people with disabilities.
2. Willingness to promote inclusion within the family community.
3. Commitment to reflecting on one's own beliefs and biases regarding people with disabilities.
4. Readiness to work toward eliminating social barriers.

Module 14: International Classification of Functioning, Disability, and Health (ICF)**Knowledge:**

1. Understanding the structure and categories of ICF as a classification tool.
2. Knowledge of how ICF is applied in describing health and functioning.
3. Awareness of the significance of specific ICF categories in describing health and disability.
4. Understanding the role of ICF in assessing needs and evaluating the effectiveness of interventions.

Skills:

1. Ability to assess family functioning using ICF categories.
2. Capacity to identify areas requiring intervention.
3. Skill in translating ICF categories into language understandable to clients.
4. Ability to integrate ICF classification with other assessment tools.



Attitudes:

1. Commitment to continuously improving the ability to use ICF in practice.
2. Responsibility and diligence in applying the ICF classification.
3. Ensuring proper and ethical use of the tool.

