

# Promoting First Relationships: Training and Reflective Consultation Groups

## Promoting First Relationships (PFR)

PFR was selected as the evidenced-based practice to support Early Relational Health (ERH) practices for children and families within the Early Supports for Infants and Toddlers (ESIT) program through Washington's State Systemic Improvement Plan (SSIP). The ESIT State Lead Agency utilizes federal funding to support access to PFR and Reflective Consultation (RC) groups for ESIT professionals.

**PFR Level 1:** Foundational knowledge in attachment theory, promoting secure caregiver-child relationships, development of self for infants through preschoolers, understanding and intervening with challenging behaviors, building caregiver reflective capacity, and use of PFR consultation strategies.

**PFR Level 2:** Become certified in the PFR evidence-based home visiting model. Participants enhance their skills as they work with a caregiver/child dyad at their own site to deliver the 10-week PFR intervention.

**PFR Level 3:** Participants receive mentoring from a PFR Master Trainer as they implement the PFR intervention with a 2nd dyad, grow in their PFR expertise and Reflective Consultation skills, and learn how to train/support others at PFR level 2. Level 3 is designed for Certified PFR level 2 providers with high fidelity to the model.

## PFR Reflective Consultation (RC)

PFR RC is a monthly time for ESIT Professionals to explore their work in a safe supportive space. It offers a time for ESIT Professionals to reflect about their own needs and the emotional needs of both caregivers and children, utilizing the PFR lens. These groups also provide an opportunity to hear and learn from other perspectives. Participants have reported feeling increased joy and competence in their work and increased empathy for the families they work with. These RC groups are facilitated by either Carol Good, MSW, LICSW, IMH-E or Kimberlee Shoecraft, MSW, LICSW, SUDP, IMH-E. Participants may count these hours towards Reflective Supervision hours for the Infant Mental Health (IMH) endorsement. These groups are open to ESIT professionals with at least PFR Level 1 training.

## Additional Information

View the [Center for Early Relational Health \(CERH\) RC flyer](#) (previously WA-AIMH) and the [PFR website](#) for more information. To learn more about the benefits of RC, PFR, and other ESIT sponsored training opportunities, watch [this video](#) or view the [Professional Development and Training Catalog](#) and [Training Calendar](#). Please email [endorsement@cerh.org](mailto:endorsement@cerh.org) for more information regarding IMH endorsement requirements. Questions? For any questions about this information, please contact [dcyf.esittraining@dcyf.wa.gov](mailto:dcyf.esittraining@dcyf.wa.gov).



Washington State Department of  
**CHILDREN, YOUTH & FAMILIES**

Original Date: November 27<sup>th</sup>, 2024 | Revised Date: Month XX, 20XX

Family Support Programs | Approved for distribution by DeEtte Snyder, Workforce Development Manager