



Support Education Advocacy Research

May 17, 2018

We wanted to send you a note of greeting and tell you how excited we are that you are coming to the NAMI Basics Education Program Teacher Training Workshop at the NAMI MO office – 3405 West Truman Blvd. Suite 102 Jefferson City, MO 65109. It will start on Friday, June 1 and go through Sunday, June 3, 2018

Now that you are on board, let us tell you about the course itself and the Training Workshop you have signed up for. In this project we follow a model where parents and other caregivers teach “our own”. The curriculum is specifically designed to enable family member co-leaders to conduct a rigorous 6 class course without a professional in the lead role. The workshop will cover the content of the classes and give you the primary skills you need to feel confident and enjoy yourself as a family education teacher.

NAMI Basics is scripted in detail in a lecture format for parent/caregiver instructors to use. We will be practicing lecture style and delivery as we make our way through the curriculum. The course includes factual information about many of the major mental illnesses, brain biology and various treatment options, but we will not spend a lot of time learning facts. Instead, we will be focusing on the emotional aspects of the family experience and we will emphasize the compassionate philosophy that underlies the course as a whole.

By this we mean that in the NAMI Basics Education Program, the pressing realities of family burden and family need are as important as the facts. Therefore, we will spend a good deal of time on the following topics: The emotional reactions of families to mental illness; the needs of families in critical periods of mental illness; developing empathy as the doorway to understanding our children; learning new problem solving and communication skills to cope more effectively with mental illness; assisting families in self-care by encouraging them to speak their feelings of frustration, guilt and grief. These elements are the “heart of the matter” in family education and they will be the core of our work together at the Training Workshop.

So you can see we are going to have a lot to cover during our weekend training! The training starts Friday afternoon, June 1 at 3:00 p.m. and ends at noon on Sunday, June 3. We will provide the materials, so just come with comfortable clothes and be ready for an intensive training experience. We are looking forward to a productive weekend together.

With best wishes,

Sonya Baumgartner, Director of Family Education Programs
Diana Harper, Basics Education Trainer and Teacher
Michele Felton, Basics Education Trainer and Teacher