



**CFPO**

Certified Family &  
Parenting Coach

**ACSTH**  
ICF APPROVED COACH SPECIFIC  
TRAINING HOURS  
ICF

## What is Family Coaching?

Family coaching is a process where one or more members of a family partners with a coach to address goals that will ultimately improve their family dynamics.

Family Coaching is a holistic approach that can focus on different areas like, building new families, solving marriage issues, handling teenagers, solving marriage issues, enhancing relationships with the extended families, developing specific parenting skills, etc..

## What does a Family & Parenting Coach do?

A CFPC (Certified Family & Parenting Coach) doesn't prescribe solutions to the clients, but inspire them to find a solution that fits their family. A CFPC coach will help you get clear on your family & relationship values, experiences and goals.

Happier people (and families) tend to enjoy better family relationships, live a healthier life, have closer friendships, are more creative and productive at work and in life, and achieve greater success.



# How does A Family & Parenting Coach (CFPC) help their clients

**Some of the most common points that a CFPC can address are:**

- General feeling of Overload
- Marriage challenges
- Difficult phases of children development
- Blended family issues
- Dealing with external pressure (School, Finance, grandparents, etc..)
- Commit to and realize meaningful goals

Positive psychology provides important research-backed solutions and practices for coaches that when combined with the techniques and strategies of coaching, clients can achieve a much more powerful growth.



## Chapter 1: Understanding Family Dynamics

- What Is A Family?
- Types of Family Structures
- What is Family Dynamics?
- Family System Theory
- The Characteristics of Family Systems
- Types of Dysfunctional Families
- Effects of Growing Up in A Dysfunctional Family
- The Role of Family Coaching in Maintaining a Healthy Family
- Defining Positive Psychology, Relationship and Parenting Coaching
- Why do all Families need a Family Coach?
- Common Issues Family Coaching can help with
- Family Coaching Values and Principles

## Chapter 2: The Role of Emotions in Family Coaching

- What's a Family Coach to do with Emotions?
- What do Emotions Reveal?
- The Cognitive Triangle
- The Difference between Feelings and Emotions
- Emotions and the Brain
- The 6 Basic Emotions
- Emotions and Values
- Barrett Seven Levels of Consciousness Model

- Positive and Negative Emotions
- The Broaden-and-Build Theory of Positive Emotions
- The Positive Impact of Negative Emotions
- The Foundations of Emotional Intelligence in Family Coaching
- Improving Family Relationships with Emotional Intelligence

## Chapter 3: The Inner Child

- What is the "Inner Child"?
- What Is Childhood Trauma?
- Adverse Childhood Experiences (ACEs)
- The Effect of Childhood Trauma on the Brain
- The Biopsychosocial Model
- Cognitive Distortions
- Types of Inner Child Wounds
- Emotional Blockage
- The Feelings Chart
- The Effect of the Wounded Inner Child on Relationships
- Reparenting the Inner Child

## Chapter Four: Family Love

- What Is Family Love?
- The Importance of Family Love
- What is Attachment?
- The Attachment Theory
- The Basic Components of Relationships
- The Triangular Theory of Love
- How to Make Relationships Work?
- The Sound Relationship House
- The Four Horsemen
- The Five Languages of Love



## Chapter 5: Early Childhood Parenting

- Preparing Couples to be Parents
- Understanding Children
- Child Development Factors
- Erikson's 8 Stages of Development
- How Kids Learn
- Goals of Growing Up
- Belonging and Significance
- Parenting Styles
- Emotional Barriers of Effective Parenting
- The Effect of Role of Fathers
- Positive Discipline Tools

## Chapter 6: The Extended Family

- Considering the Rest of the Family
- Changing Families
- Bringing Grandparents into the Mix
- How Siblings Affect One Another?
- Introducing a step Mother/Father for a child
- Dealing with conflicts in extended families
- The Impact of Caregivers

## Chapter 7: Break up and Divorce

- Early Signs of Divorce
- Preparing for Divorce
- Changing Perceptions of Single Parenting
- How to Tell Kids About Divorce
- Raising Kids Between Divorced Parents
- Single Parenting Skills

## Chapter 8: Death

- How to talk with Kids about Death
- Stages of Grief
- Coping with Difficult Feelings
- Post-Traumatic Stress Disorder
- Facing Traumas with Resilience

## Chapter 9: Sex Education

- Rights and Boundaries.
- Factors Affecting the Sex Life.
- Boundaries and Body Privacy.
- Sexual Harassment Awareness for Kids.
- Sexual Play Between Kids.
- Gender Identity

## Chapter 10: Coaching Teens

- Emotional and Psychological Changes
- Puberty
- Shifting Attachments
- Resisting Temptations
- Exploring Identity
- Advancing in Thinking
- Resolving Teens Issues

## Chapter 11: Applying Family Coaching in Practical Life



# Dr. Rana Hany Yaseen

- A Certified Positive Discipline Educator from Positive Discipline Association USA, An ACC Certified Relationship and Positive Psychology from The International Coaching federation.
- Rana is a mental health expert and qualified Professional Trainer.
- Since joining the coaching and development industry in 2017, Rana has trained hundreds of families “Parents, Kids and Teens” through her workshops and online sessions.
- She designed and delivered several programs & workshops to raise awareness about children’s mental health and different applicable tools supporting parents main challenges to empower communication and connection in home and school.
- In 2019, Rana started her own children sex education initiative called “مش حاجة عيب” and She designed a program aiming to educate parents about children sex education and body safety. And to be their ultimate guide age by age, and was Media covered by Ministry of Education in Egypt.
- Rana has a rich professional record by supporting and helping thousands of families by being the Head Parenting Coach for 4 years now in “Rahet Bally” the biggest online and on-ground support mothers platform.
- Her main focus on developing the best version of parents, kids and teens to flourish and bring out the best of them.
- Currently Rana is following her passion to the next level, She partnered with Mentarcise Coaching School to design and deliver the first ICF CFCP “Certified Family and Parenting Coaching Program” in the Middle East.



## 🕒 Duration

- 150 Hours ACSTH
- 36 Sessions



## 📄 Certificate

- Certified Family & Parenting Psychology Coach
- 150 hours ACSTH by ICF
- International Coaching Federation
- Level 2 (PCC)



## Online Zoom

### Schedule

- 1 Aug - 21 Nov 2023
- Sunday & Tuesday 6-9 pm

## Payment Methods:

- Bank Transfer  
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You will be eligible -if you wish- to apply for ICF ACC and/or PCC credentials

<https://coachfederation.org/icf-credential/acc-paths>



## Contact us

 [www.mentarcise.com](http://www.mentarcise.com)

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