



THE CERTIFIED FAMILY LIFE EDUCATOR CREDENTIAL

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What is Family Life Education?

Family Life Education (FLE) is the professional practice of equipping and empowering family members to develop knowledge and skills that enhance well-being and strengthen interpersonal relationships.

FLE incorporates a **family systems** and **lifespan perspective**.

Family Life Education is a

- *preventive,*
- *educational,*
- *strengths-based,*
- *a research and theory-based approach.*





The Goal of the Family Life Educator

- ▶ to teach the Family Life skills and knowledge areas to family members across the lifespan, and
- ▶ to foster positive individual and family development so families can function optimally.

Healthy Family Functioning REQUIRES:

- strong communication skills
- knowledge of human development
- good decision-making skills
- positive self-esteem
- healthy interpersonal relationships

Family Practice Models

- ▶ **Family Life Education (CFLE)**
- ▶ **Family Case Management (Social Work)**
- ▶ **Family Therapy (*MUST BE LICENSED*)**
 - Marriage and Family Therapist (MFT)
 - Licensed Clinical Social Worker (LCSW)
 - Associate Professional Clinical Counselor
 - Licensed Professional Clinical Counselor

Each of these fields of family practice has its own focus. Professionals in these fields work collaboratively in many different settings.



Family Life Education Content Areas

1. Individuals and Families in Societal Contexts
2. Internal Dynamics of Families
3. Human Growth & Development across the Lifespan
4. Human Sexuality
5. Interpersonal Relationships
6. Family Resource Management
7. Parent Education and Guidance
8. Family Law & Public Policy
9. Professional Ethics & Practice
10. Family Life Education Methodology





Certified Family Life Educators

Family Life Educators can obtain the Certified Family Life Educator (CFLE) credential through the National Council on Family Relations (NCFR).

The **CFLE** credential is the nationally recognized standard in Family Life Education and validates a professional's experience and knowledge as a Family Life Educator.

Levels of Certification through NCFR

- ▶ **Provisional Certification** – Candidate has demonstrated knowledge in the 10 family life content areas but does not yet have the minimum 3,200 hours of work experience in Family Life Education
- ▶ **Full Certification** – Candidate has demonstrated knowledge in the 10 family life content areas and has 3,200+ hours of work experience in Family Life Education



Moving Toward Certification

Because the Sacramento State BS degree in **Family Studies and Human Development** is an **NCFR APPROVED PROGRAM**, you do NOT need to take the professional EXAM!

Course Requirements

- ▶ Courses on the checklist (approved or substitutions) must have been successfully completed with a grade of C- or better. NCFR does not accept audited courses.
- ▶ The checklist may contain courses that are not required of your major, for example FSHD 195F, Practicum in Family Life Education.
- ▶ The oldest course used on the checklist needs to have been completed no more than seven years before the time of application.



Substitutions

- ▶ Up to two course substitutions are allowed by NCFR.
- ▶ Submit a course syllabus (or detailed course description) from the time when the course was completed.
- ▶ Upload the syllabus in the online application under the “checklist” tab.
- ▶ Please email (preferred) or mail an official transcript if the substitute course was taken at a different school.
- ▶ Courses can be pre-approved by NCFR.
- ▶ If proposing a substitute course for the **Internship/Practicum requirement**, please email cfle@ncfr.org to get the proper forms.



Sacramento State's NCFR-Approved Program

https://www.ncfr.org/sites/default/files/2020-12/California_State_U_Sacramento_Undergrad_Checklist_2020%20.pdf

✓	CFLE Content Area	CFLE-Approved Program (Abbreviated) Coursework
	1. Families & Individuals in Societal Contexts	FACS 050 - The Family and Social Issues
	2. Internal Dynamics of Families	FACS 150 - Family Stress and Coping: Multicultural Focus
	3. Human Growth & Dev across the Lifespan	FACS 052 - The Child and the Family AND FACS 152 - Adolescent Development AND FACS 159 - Adulthood/Aging in Human Development
	4. Human Sexuality	NURS 160 - Human Sexuality OR PSYC 134 - Psychology of Human Sexuality OR HLSC 134 - Understanding Human Sexuality
	5. Interpersonal Relationships	FACS 108 - Family Communication OR COMS 143 - Theories of Interpersonal Communication

Sacramento State's Approved Program (cont.)

6. Family Resource Management	FACS 140 - Family Resource Management
7. Parent Education & Guidance	FACS 154 - Issues in Parenting OR CHDV 130 - Parent Education
8. Family Law & Public Policy	FACS 050 - The Family and Social Issues
9. Professional Ethics & Practice	FACS 168 - Senior Seminar AND FACS 100- Research: Methods and Application Family and Consumer Sciences
10. Family Life Education Methodology	FACS 155 - Family Life Education
Internship/Practicum (minimum 120 hours)	<p><u>Prior to Summer, 2020:</u> FACS 195C - Internship (3 Units only)</p> <p>OR</p> <p>[FACS 162 – Family Support Services AND FACS 195C – Internship (2 or 3 Units)]</p> <p><u>Summer, 2020 and beyond:</u> [FACS 195C - Internship (3 Units only) OR FACS 195F – Practicum in Family Life Education]</p> <p>OR</p> <p>[FACS 162 – Family Support Services AND FACS 195C – Internship (2 or 3 Units)]</p>



Fees Required

Student Membership in NCFR provides reduced fees for certification!

Option 1: Student membership with 2 journals \$86.00

Option 2: Student membership with 3 journals. \$107.00

- ▶ **Provisional Application Fee** (\$155 for NCFR members; \$213 for nonmembers)
- ▶ **Full Certification Application Fee** (\$244 for NCFR members; \$333 for nonmembers)
- ▶ **Scholarships** are available through NCFR for 1st time applicants who demonstrate financial need.

Take FULL Advantage of your degree in FSHD, become a **Certified Family Life Educator!**

For more information go to www.ncfr.org

Or Contact:

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