



# THE CERTIFIED FAMILY LIFE EDUCATOR CREDENTIAL

Dr. J. Ann Moylan, PhD, CCLS, CFLE

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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](mailto:cfle@ncfr.org) to get the proper forms.



# Sacramento State's NCFR-Approved Program

[https://www.ncfr.org/sites/default/files/2020-12/California\\_U\\_Sacramento\\_Undergrad\\_Checklist\\_2020%20.pdf](https://www.ncfr.org/sites/default/files/2020-12/California_U_Sacramento_Undergrad_Checklist_2020%20.pdf)

<input checked="" type="checkbox"/> 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 <u>AND</u> FACS 152 - Adolescent Development <u>AND</u> FACS 159 - Adulthood/Aging in Human Development
4. Human Sexuality	NURS 160 - Human Sexuality <u>OR</u> PSYC 134 - Psychology of Human Sexuality <u>OR</u> HLSC 134 - Understanding Human Sexuality
5. Interpersonal Relationships	FACS 108 - Family Communication <u>OR</u> 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 <b>OR</b> CHDV 130 - Parent Education
8. Family Law & Public Policy	FACS 050 - The Family and Social Issues
9. Professional Ethics & Practice	FACS 168 - Senior Seminar <b>AND</b> 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><b>OR</b></p> <p>[FACS 162 – Family Support Services <b>AND</b> FACS 195C – Internship (2 or 3 Units)]</p> <p><u>Summer, 2020 and beyond:</u> [FACS 195C - Internship (3 Units only) <b>OR</b> FACS 195F – Practicum in Family Life Education]</p> <p><b>OR</b></p> <p>[FACS 162 – Family Support Services <b>AND</b> 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](http://www.ncfr.org)

Or Contact:

Ann Moylan [moylan@csus.edu](mailto:moylan@csus.edu) or

Henry Gonzalez [henry.gonzalez@csus.edu](mailto:henry.gonzalez@csus.edu), or

Alyssa Maples [alyssa.maples@csus.edu](mailto:alyssa.maples@csus.edu)

